

Self Help Bereavement Group

When someone we care about dies it is normal and healthy for us to grieve over our loss. Our feelings at this time may be among the most profound and painful we ever experience.

- Have you ever lost someone close to you?
- Are you finding it hard to live without the person you love?
- Would you like to meet others in a similar situation?

The aim of our group is to bring together people who are experiencing bereavement and would welcome the opportunity of sharing their experience and coping strategies with others. It is for those who feel they may benefit from group support.

We also enjoy coffee and biscuits

Dates for 2017: Jan 3rd, Jan 31st, Feb 28th, Mar 28th, Apr 25th, May 30th, Jun 27th, Jul 25th, Aug 29th, Sep 26th, Oct 31st, Nov 28th, Dec 19th

**We meet every last Tuesday of the month 10.30 a.m. – noon
Venue: Keyworth Primary Care Centre, Ground Floor**

For more information contact Peter 0115 937 3773 (phone does not accept 'withheld' calls)