

Bereavement support in Keyworth & Rushcliffe

When someone we care about dies it is normal and healthy to grieve. 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 whether or not one- to- one support has also been sought.

We enjoy coffee and biscuits at the meetings.
There are also opportunities for social events.

Dates for 2019: 29th Jan, 26th Feb, 26th Mar, 30th Apr, 28th May, 25th Jun, 30th Jul, 27th Aug, 24th Sep, 29th Oct, 26th Nov, 31st Dec

**We meet every last Tuesday of the month 10.30am – noon
at Keyworth Primary Care Centre, Bunny Lane NG12 5JU
Ground Floor**

***Please call if you have questions or for more information
contact Peter 0115 937 3773 (phone asks you to give your
name and does not accept 'withheld' calls)***