COMPANIONS IN BEREAVEMENT

Has someone you love died, recently or maybe a while ago? Are you still grieving, or perhaps you feel alone? Has life has lost its happy moments without them or? Perhaps you work in NHS or Care Services, or another environment where you are impacted by death in your workplace?

*We are a group of qualified bereavement support workers who*

*are holding walk-ins and individual counselling by arrangement.*

*Every Friday between 10.00am to 12.00pm*

*at the Quaker Meeting House*

*36 Bridge Street Kings Lynn PE30 5AB*

You will find a very warm and friendly welcome, coffee/tea and biscuits.

We offer group-work and individual sessions – whatever suits you best. You may not be a person of faith, but you might be, whichever, you won’t be judged.

 Come to our inclusive drop-in and join others who maybe feel this way too, because a problem shared is always easier to bear.

*If you feel nervous or shy about taking that first step,*

*or would like to speak to one of us about this group, just call any of these numbers:*

*07485 001547 07896 574483 07940 832858*



THERE IS NO CHARGE FOR THIS SERVICE