



# **Loss, grief & bereavement session**

**Thursday 13<sup>th</sup> August**  
**Poynton Civic Hall**  
**2pm – 4pm**

**Come and talk about loss, grief and bereavement, in a safe space**

- **Understand your own thoughts and feelings**
- **Discover how to accept and adjust**
- **Discover how to harness your inner strength**
- **Discover a new journey**
- **Reach out to others to share your experience**

**Places are limited**

**Call 01625 872238 to book a place**

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