



Loss, grief & bereavement session

Thursday 8th October

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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Middlewood