



SUFFOLK BEREAVEMENT SUPPORT (SBS)
'Easing loss through group support'
Recently bereaved or suffering a delayed reaction
to loss?

Are you in need of help and support?
Why not join a small focused group,
of 5-10, sharing bereavement issues?
Groups are led by an experienced facilitator
creating a warm, safe environment in which
to explore the many aspects of loss.
Groups are free and open to Suffolk residents
able to attend the Hadleigh (afternoon) or
Capel St Mary (evening) venues
For more details or to reserve a place contact
Patrick or Margaret
Web site: www.suffolkbereavement.org.uk
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