

Holding your hand every step of the way



Your Bereavement Support Programme

We understand bereaved people can need the support and companionship of others who understand the grief and loss they're going through.

The **Holding Hands Bereavement Group** is a new initiative aimed at the recently bereaved to help them come to terms with their loss and enable them to look to the future without their loved ones. It has been designed to offer companionship, comfort and reassurance as families and individuals travel down the road of loss.

It is an informal group allowing the group to discuss their experiences and meet other individuals travelling the same journey. The topics for discussion will be raised by the group depending upon their requirements but typical items might include health issues, money matters, housekeeping and socialising.

The course will consist of 6 sessions held in the Sutton Coldfield area.

To register your interest or obtain further information please **phone Amy on 0121 308 2288. Places are free but limited and will be allocated on a first come first served basis**

For more information and to book,
please contact Amy on
0121 308 2288

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