



GROWING THROUGH GRIEF

A safe place to share, heal, and grow

8-week
bereavement
support group

Are you struggling with grief after the loss of someone who was cared for by Willow Wood Hospice?

If you're finding it difficult to cope, you're not alone. Support is available.

Benefits of joining Growing Through Grief

- Small groups of 6-10 adults
- Experienced counsellors
- Safe, supportive and empathetic environment

Are you struggling with grief and loss?

We're inviting individuals to take part in an 8-week bereavement support group, led by two experienced counsellors. This is a safe and supportive space to explore your feelings and emotions around grief and loss, with others who are going through something similar.

To join, you'll need to:

- Feel comfortable sharing in a group setting of 6 to 10 people
- Be able to attend all 8 weekly sessions
- Be experiencing difficulties with your grief that are affecting your daily routines, behaviours, or general wellbeing

For more information, including the dates of our next available group, visit our website
www.willowwood.org.uk/growing-through-grief

Scan here

