

COMPASSIONATE COMMUNITIES

across eastern Hertfordshire

Grief Encounters

A 6 week themed facilitated bereavement peer support group

Loss and grief affects many people in many ways.

Grief Encounters offers a 6 week facilitated themed bereavement peer support group giving people a safe space to tell their story, express their feelings, and find support from others who may be going through similar experiences.

Open to anyone over 18yrs

Course dates: Thursdays 10.30am – 12noon

21, 28 September

5, 12, 19, 26 October

St Catherine and St Pauls Church (opposite Morrison's)

Pauls Lane, Hoddesdon EN11 8TR

Working together with

For more information or to book
onto a course please contact
Family Support on 01707 382563
or email:
family.support@isabelhospice.org.uk

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