

# MENS BEREAVEMENT PEER SUPPORT GROUP



BEREAVEMENT CAN BE A LIFE CHANGING EVENT AND FOR MANY, PEER SUPPORT CAN BE A WAY OF EXPLORING THE NATURAL PROCESS THAT IS GRIEF. EVERYONE EXPERIENCES GRIEF DIFFERENTLY AND THERE IS NO 'NORMAL' OR 'RIGHT' WAY TO GRIEVE. WITH ADVICE, INFORMATION AND SUPPORT, THE GROUP HOPES TO OFFER A SAFE AND CONFIDENTIAL ENVIRONMENT TO TALK WITH OTHERS AND SHARE EXPERIENCES

THE MEN'S SUPPORT PEER GROUP PROGRAMME CONSISTS OF SIX SESSIONS HELD WEEKLY COVERING A PARTICULAR TOPIC OF BEREAVEMENT. THE NEXT PROGRAMME OF GROUP COUNSELLING IS FOR THOSE WHO HAVE LOST THEIR HUSBAND OR WIFE. (PARTNER).

**STARTS : FRIDAY 22ND SEPTEMBER 2017**

**TIME: 1 PM – 2 PM**

ASK YOUR GP / SUPPORT WORKER TO CALL US NOW ON **0207 511 6444** FOR A REFERRAL FORM\*  
OR DOWNLOAD REFERRAL FORM 📄 [www.dropinbereavementcentre.btck.co.uk/OURSERVICES](http://www.dropinbereavementcentre.btck.co.uk/OURSERVICES)

**THE DROP - IN BEREAVEMENT CENTRE**

**187 GRANGE ROAD**

**PLAISTOW E13 0HA**



**FUNDED AND SUPPORTED BY AWARDS FOR ALL-THE BIG LOTTERY FUND**

\* PLEASE NOTE WE NOT ACCEPT SELF REFERRALS