



Bereavement Counselling

One to one counselling and peer support group sessions are one of the many services offered by the Centre on receipt of a completed **Referral Form*** from your GP / Medical professional. We **DO NOT** accept self-referrals.

***Maximum of six free sessions per individual on a referral basis**

***There is a one off contributory charge of £30.00* (Concessions: Senior Citizens £10.00) for Newham Residents and Out of Borough Residents being referred in accessing the support services. Payable by the individual in cash on the day when the initial Assessment takes place. (Charges effective from 1st July 2017 & subject to change)**

One To One Counselling Sessions:

Tuesday	10am to 1pm and 3pm to 6pm (Last session commences at 5pm)
Wednesday	9.30am and 10.30am
Thursday	10am to 2pm
Friday	10am to 1pm

Women's and Men's Peer Support Groups (Subject to funding)

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 Drop-In Bereavement Centre** would like to offer you the opportunity to join and become involved with our Women's or Men's support groups. Both groups have a maximum of 8-10 people.



The Drop-In Bereavement Centre, 187 Grange Road, Plaistow, London E13 0HA

📞 **0207 511 6444** ✉ dropinbereavement@btinternet.com

🌐 www.dropinbereavementcentre.btck.co.uk



Bereavement Counselling - Continued

Both the Women's and Men's Support Group programme consists of six sessions held weekly covering a particular topic of bereavement. This is a rolling programme so please **CONTACT** the Centre to register your interest in attending the next or future programme of this support group. GP referrals and associated Health organisations accepted. We **DO NOT** accept self-referrals.

Weekly Women's Peer Support Group (maximum of 10 people)

Details of the next programme of group counselling for autumn 2017 will be published shortly.

Weekly Men's Peer Support Group (maximum of 8 people)

The next programme of group counselling for those who have lost their partner will begin on Friday 22nd September 2017 - Time: 1 pm - 2 pm.

At the end of the first programme another group will be run with a different topic of bereavement, such as loss of a child; partner or loss to suicide or cancer etc. Both 1-2-1 counselling sessions and peer support groups are held at 187 Grange Road, Plaistow, London E13 0HA. However please be aware that due to demand for our services there is a waiting list system in place so please contact us today to begin your journey.



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