



Grief and Loss Support Group

August – October 2018

Are you or someone you know struggling with grief?

New Mornings' Grief and Loss support groups are guided by trained facilitators. They provide a safe and supportive place for people ***to meet, share experiences, learn from & encourage each other.***

This group is for men & women struggling to work through grief after:

- * The death or disappearance of a loved one
- * Breakdown of a long-term relationship
- * Any other significant loss

New Mornings

Promoting mental health and wellbeing in our community

Grief and Loss Support

When:

10 am - 12 noon on Thursdays
Group runs for 9 weeks, starting 30th August 2018

Where:

Ulverstone Presbyterian Hall
59 Main St, Ulverstone

Cost: Donation

Register:

By Friday 24th August
Late registration may be possible if there are spaces left

Try our Taster Session

on
10 am Thursday 16th August
or
10 am Thursday 23rd August

You are welcome to bring a support person with you to this session

For more information, contact:
Dr Alison Whishaw

at **New Mornings**

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