

Bereavement Café

Losing someone you loved can turn your world upside down—talking about it helps

Everyone's experience of grief is personal. **Bereavement Café** is a place to find others who have had their own loss and can appreciate something of your experience.

Bereavement Café is a space to talk about the pain of loss and find mutual support and encouragement when you most need it.

Bereavement Café is not a form of counselling. Most bereaved people don't need to have formal counselling, because bereavement isn't a problem to be solved.

At **Bereavement Café** you will find people who will listen and respect your story—and they won't be upset if you cry!

Open
to all

Second Saturday each month

10.30–11.30am

St Mark's Church Great Tattenhams KT18 5RD

Tel: 01737 353011



Open
to all

Third Thursday each month

2.45–3.45pm

Ewell Hall London Road, Ewell KT17 2AY

Tel: 020 8393 2643



Specifically
for older
people

Second Thursday each month

11.00am–12.00noon

Banstead Day Centre, The Horseshoe SM7 2BQ

To arrange transport, phone Age Concern Office

Tel: 01737 352156



Epsom Deanery

Epsom, Ewell, Banstead and surrounds

AGE
Concern
Banstead

services that change lives
staywell



* Princess Alice Hospice

your hospice, your partner

Caring when it matters