



Do You Need Support With Your Grief?

*"Sharing similar feelings of
emptiness and loneliness is helpful"*

*"I will never forget the help they
have given me"*

Would you like to gain support by talking to others?

Bereavement support sessions are locally available

For a listening ear, supportive environment, a cup of tea

Last **Thursday** of the month – **5.30pm – 7pm**
Hospice of the Valleys **Day Centre – NP23 8XF**

CONTACT: The Family Support Team
01495 717277