

Grief Café

**A new free monthly drop in session
for anyone experiencing grief.**

**This a chance for reflection and to share
experiences with others in a relaxed environment.**

**Do you know someone who would
benefit from attending?**

Please invite them to come along!

**Every 2nd Tuesday of each month
15:30 until 17:00
at The Courtyard Café**

**starting:
8th
March**

 **The
Courtyard
Café**



**Forget Me Not
Centre**

@ St John's Hospice