

The death of someone close to you can be a difficult time.



Find a safe space to talk about how you're feeling and find support with what you are going through.

Learning from Loss:

bereavement support groups for current and former carers

Carers Support Centre, 24 George Street, Croydon CR0 1PB

See other side of flyer for details

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Based on a programme developed by St Christopher's Hospice, our Learning from Loss groups help carers and former carers explore their feelings and discover ways of coping and finding strength.

Who are Learning from Loss groups for?

Groups are open to current and former carers of a Croydon resident who have experienced a bereavement at least four to six months prior to starting our sessions. **A carer looks after a relative, friend or neighbour who needs support due to illness, disability or old age.**

How do the groups work?

Learning from Loss support groups are facilitated by a qualified and British Association for Counselling and Psychotherapy (BACP) registered counsellor.

Sessions run for seven weeks on a Friday, 10.30am-12noon. 2019 dates are:

Friday 8 February 2019 to 22 March 2019

Friday 17 May to 28 June 2019

Friday 13 September 2019 to 25 October 2019

Is there a charge?

Groups are completely free but **advance booking is essential.**

Where are the groups located?

Carers Support Centre (first floor), 24 George Street, Croydon CR0 1PB

Please note that there is no step-free access to the room. If you have accessibility needs, please let us know.

To join, call Tanya on 020 8649 6280 or email tanyafitzgerald@carersinfo.org.uk.

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