



*Help and encouragement after the death of
a spouse, child, family member, or friend*

Taster Session

Tuesday 18th February

2.00pm – 3.00pm

*Warm, friendly atmosphere
Refreshments provided*

Weekly meetings start

Tuesday 25th February

2.00 – 4.00pm

Register online at www.griefshare.org
or contact Elaine on 07594 367 061

Strand Presbyterian Church - 161 Connsbrook Avenue

www.strandpresbyterian.org.uk