

## Fortnightly Drop in Group

Wednesdays  
1.30 to 3.30pm

**ALL WELCOME**

**St Augustine's Church**  
**2 East Dundry Road,**  
**Whitchurch**  
**Bristol,**  
**BS14 0LL**

**Free parking next to church**  
**Buses 92 and M1**

### Useful links for further support

**The Harbour**  
0117 925 9248

**Cruse Bristol**  
0117 926 4045, [bristol@cruse.org.uk](mailto:bristol@cruse.org.uk)

**Survivors of Bereavement by Suicide**  
07392 993945, [bristol@uksobs.org](mailto:bristol@uksobs.org)

### How to contact us

**Tel: 0117 377 2255**

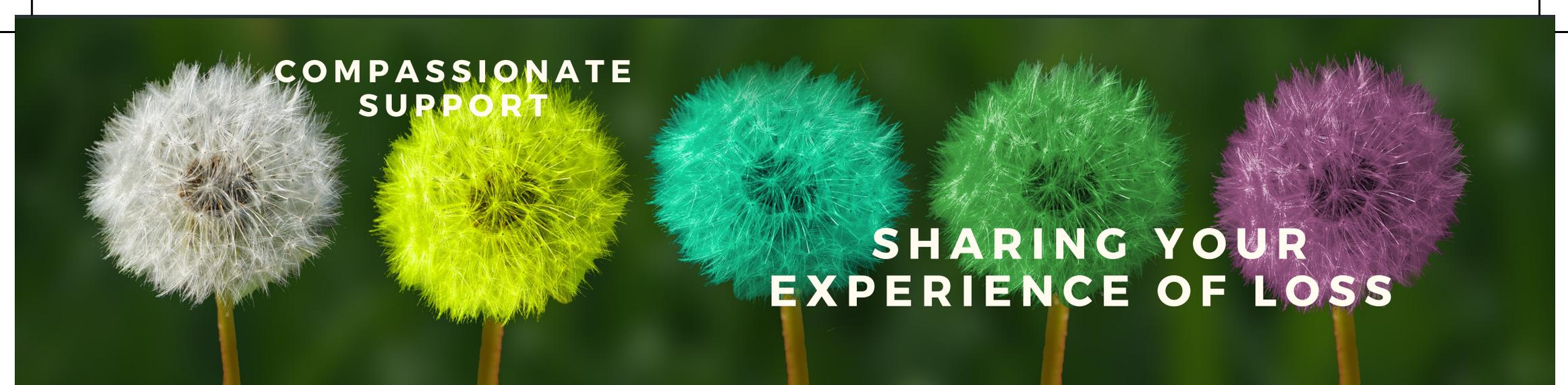
[info@knowlewesthealthpark.co.uk](mailto:info@knowlewesthealthpark.co.uk)



# Whitchurch Peer Support Bereavement Group

This group has been set up with the kind support of:





## COMPASSIONATE SUPPORT

## SHARING YOUR EXPERIENCE OF LOSS

### WHAT IS PEER SUPPORT?

Peer Support offers many benefits, for example, shared identity and acceptance, the value of helping others, developing and sharing coping strategies, emotional resilience and wellbeing, information and signposting. As well as a safe place to discuss your experience of loss.

### HOW TO GET IN TOUCH?

Please contact us before you attend for the first time, Once you have attended for the first time you can drop in as often or as little as you like.

A welcoming, safe place to share, talk and remember after the loss of someone important in your life.

### What support is available?

Peer support sessions which are facilitated by volunteers who themselves have been through a loss, or who have experience of supporting people through loss.

The time for you to talk to others who have gone through something similar and/or listen to other people's stories of bereavement.

Space to address the topics and emotions that arise for those attending on the day.

Opportunity to share information about organisations which provide a range of support and help.

**A comforting cup of tea (or coffee) and supportive friends**