

# grief cafe

a safe space to share stories,  
hopes and fears about loss



## **GOOD GRIEF CAFE**

Thurs 7<sup>th</sup> December 2023 & Thurs 1<sup>st</sup> February 2024

6.30pm - 8.30pm

Wanstead Library, Spratt Hall Road, London, E11 2RQ

### **What is a Grief Cafe?**

It's a safe and confidential space to meet others, to share and explore thoughts and feelings around the experience of grief and loss. It's a supportive environment for reflection and conversation - a place where people will be able to find mutual support and encouragement.

We don't have an agenda or any objectives; the conversation is simply led by the people in the group. It is a discussion group and not designed to be a counselling session. Whether your loss is anticipated, recent or a long time ago, everyone is welcome.

Do come and join us.

**In partnership with Redbridge Libraries –  
The Death Positive Library**

To reserve a ticket:

<https://www.eventbrite.co.uk/o/the-death-positive-library-30239235224>

Or use the QR code below



[www.creatingconversations.uk](http://www.creatingconversations.uk)