



LOCAL SUPPORT
FOR PEOPLE
FACING SUICIDE

**Suicide prevention
is a priority.**



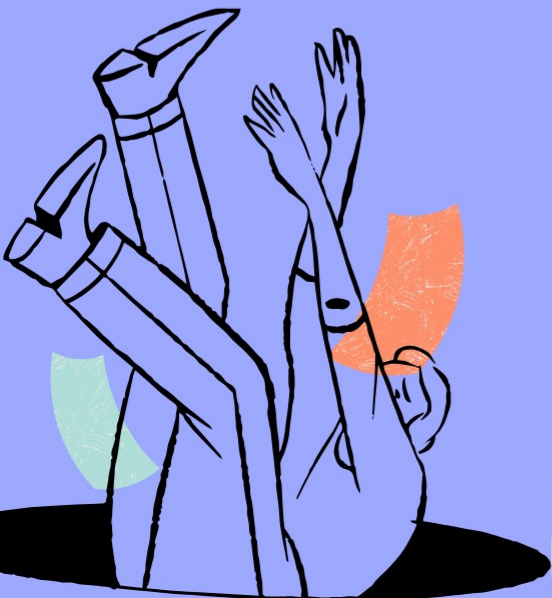
GRIEF AND BEREAVEMENT AWARENESS WORKSHOP

This workshop explores:

- Explore different types of grief and loss
- Learn about the grief cycle
- Understand feelings at each stage
- Learn how to help and support those grieving
- Explore bereavement by suicide
- Understand how it differs from other losses

**Please note: This is not a bereavement support group.
This is an awareness and information session.**

**Join us on Tuesday the 26th of March
between 1 - 2pm**



For more information, or to register to
attend, please contact:

safeconnections@mindthnr.org.uk