

Bereavement Support Groups

throughout the High Peak
Buxton | Chapel | Glossop | Hope Valley

Have you have suffered a bereavement whether this be recently or a while ago? Do you still feel stuck?
Are you struggling to find local support?

Our **therapeutic** groups are for **adults** struggling with **bereavement** and are facilitated to ensure all are **safe, respected, cared** for and **heard**.

'I felt it was the one place that I could get the struggle outside of my head, lay it out in front of the group and then hear others do the same. We could relate and talk it out... I knew I had a safe place.'

Our groups are referral only, but you can call and refer yourself.
We want to ensure the service is suitable for you, your relative or your client.

Please call us for more information or a chat about the service.

HIGH PEAK CVS BEREAVEMENT TEAM:

01663 735350 Option 3

or email: bereavement@highpeakcvs.org.uk



Scan here for more info or visit
highpeakcvs.org.uk/bereavement

