

grief cafe

15 May

19 June

17 July

6.30pm-8.30pm

Wanstead Library

Spratt Hall Rd, E11 2RQ

A safe and confidential space to meet others who are going through the same thing as you. Somewhere you can share your thoughts and experiences of grief and loss.

This is a support group and not a counselling session. It's a friendly and comforting space, where everyone is welcome to have some refreshments, to talk and lend a supportive ear.

Sessions takes place on the **3rd Thursday of each month** and are delivered by Creating Conversations CIC & Redbridge Libraries Death Positive Library Project.

This Grief Café is funded to support residents in the London Borough of Redbridge and those with a Redbridge GP, but everyone is welcome.



To book, visit
linktr.ee/deathpositivelibrary

Or scan the code

