



Bereavement Support Group

The Brigitte Trust is running **free** structured 8-week bereavement programmes run by a professional facilitator for anyone in Surrey struggling with their own grief and bereavement.

The aims of the programme are to:

- provide support with focus
- encourage mutual support
- share experiences
- learn new coping strategies
- develop some altered thought patterns

The sessions are limited to a maximum of 12 people and offered in different parts of Surrey according to need.

For more information or to book a place contact **Sarah Pattenden** on **07469 932192** or email sarah.pattenden@brigitte-trust.com