

Wednesday Bereavement Friendship group

Insights: Bereavement Listening Service



Bereavement affects us all at some point in our lives. We need to allow ourselves to grieve and to give ourselves time to work through our thoughts and feelings.

Sometimes talking to someone who is not a family member or friend, but who will listen and try to understand, can be a great help.

The group is free to join, however donations are gratefully received.

To register your interest

Call/ leave a message
07942 337801

Email for more details
insightsnantwich@hotmail.com

Website
www.insights-nantwich.org

**EVERY
WEDNESDAY
13:30 - 15:30**

**Receive a warm welcome,
friendly company,
conversation, laughter, a
cuppa and a cake.
Join us at Nantwich
Methodist Church.**

Insights

"It is that moment that we are brave enough to share our thoughts with a fellow griever, they nod, smile and understand, we know we are not alone."

**Supported by
Nantwich Methodist Church**