

Free Bereavement Support



The Brigitte Trust run free structured 8-week bereavement programmes led by a professional facilitator for anyone in Surrey struggling with 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 on one of our courses, please contact Sarah Pattenden on 07469 932192 or email sarah.pattenden@brigitte-trust.com.

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