



Grieving Friends Support Network

A community support group for people who have lost loved ones

Reg Number 15915153

Have you ever felt lost for words or nervous about what to say when speaking to someone who is grieving?

Join us for a joint Grief and Bereavement seminar

Date: Saturday 5 October 2024

Time: 10-1pm (9:30 am registration)

**Venue: Harlow Study Centre, Netteswellbury Farm
Harlow CM18 6BW**

Led by Revd Dr Christian Okeke

Head of Chaplaincy, Princess Alexandra Hospital NHS Trust

An interactive morning with:

- Presentations
- Group discussions
- Reflection

Free admission, but kindly RSVP to assist with refreshments.

As spaces are limited,
register by phone, email, scan or click the link below
to avoid disappointment.

<https://forms.gle/JpK1h91uoXDwpcvB6>

Contact:

Email: grievingfriendsgroup@gmail.com

Phone: 07497613274

