

THE BEREAVEMENT HELP POINT



WHEN: Every Monday (excluding Bank Holidays) 10.30am to 12.30pm (Café on site).

WHERE: St Giles Hospice/Cancer Support Centre, Lindridge Road, Sutton Coldfield, B75 6JB.

WHY: For advice and information on emotional/practical and social support. Or maybe for a chat and a cup of tea with one of our support volunteers.

WHO: For anyone who has been touched by grief, past or present, directly or indirectly. There will be information on how to cope with all aspects of losing a friend or relative, and if we don't have it, we will try and point you in the right direction. If you have experienced bereavement, pop in and see how we can help.

For more information: Tel: 0121 378 6290 or 01543 434536.