

# Bereavement Support Cafe

Everyone of us is affected differently by the death of someone close. For many, speaking with others in a similar situation can often help. It can bring comfort, offer support and help combat feelings of loss and loneliness.

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If you feel meeting others who are also experiencing bereavement and loss may help you, why not call in to our **Bereavement Support Café**?

The aim of this group is to support with information and signposting, to meet other people and share common experiences. It is a safe space to talk and an opportunity to listen to others.

Join us on the **first Wednesday of each month 10:00 – 12:00** for Coffee, Cake and Chat

**Marie Curie Hospice, Marie Curie Drive, Elswick, Newcastle. NE4 6SS.**

No referral or appointment is required so please just come along.

**If you would like more information, please call the hospice on 0191 2191000 and ask for the Wellbeing Centre.**

