

## BEREAVEMENT DROP IN GROUP

It is held at Room 4 U on the second Thursday of the month, from 10.30 - 12.30, with future dates as follows:

8<sup>th</sup> January 2026

12<sup>th</sup> February 2026

12<sup>th</sup> March 2026

9<sup>th</sup> April 2026

The group is supported by Wyndham House PPG and the Friends of Wyndham House Surgery.

Everyone is welcome, whether you have been bereaved for 3 months or 30 years.

It is a safe space to talk, laugh, cry and share practical help in confidence and refreshments will be served.

Please do feel free to join us, but if you would like more information before coming, please ring

Carole Allen on 07465 448535.