



Life After Loss Support Group

- **Have you experienced a loss OF ANY KIND ?**
 - **Maybe the death of a loved one, loss of a job, end of a relationship ?**

If the answer is 'yes', you may find it helpful to get involved with our Life After Loss Support Group where we can support you to decide what steps you need to take now.

Due to Covid19 restrictions we will be running virtual sessions along side our regular telephone calls.

Our sessions are on Mon 30th Nov from 1-3pm, Tues 1st Dec from 6-8pm
All you need to do is let us know you are interested in joining us and we will send you the link.

If you need help to get online for these meetings please give us a call and we will do all we can.

If you have any queries regarding this group, please do not hesitate to contact us on 07851645584 or 07714139706 or email OKProject@colebrooksw.org



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