

## Bereavement Drop-In Dates 2019

All sessions take place from 9.30am - 12.30pm

**Monday 7th January**

Fresh start

**Monday 21st January**

Difficult emotions

**Monday 4th February**

Adjustment and change

**Monday 18th February**

Quality of acceptance

**Monday 4th March**

Resourcefulness

**Monday 18th March**

Coping with low mood

**Monday 1st April**

Integrating change

**Monday 15th April**

Balance

**Monday 29th April**

Review: Where am I now?

**Monday 13th May**

Resilience

**Monday 3rd June**

Mindfulness

**Monday 17th June**

Relationships

**Monday 1st July**

Feeling positive

**Monday 15th July**

Letting go

**Monday 29th July**

Hope for the future

**Monday 12th August**

Next steps

**Monday 2nd September**

Life restoration

**Monday 16th September**

Spiritual aspects of grief

**Monday 30th September**

Peace

**Monday 14th October**

Relationships

**Monday 28th October**

Making sense of my grief

**Monday 11th November**

Living again

**Monday 25th November**

Why me?

**Monday 9th December**

My journey so far

**Monday 23rd December**

Year review

# Bereavement Support

## Bereavement Evening

First Wednesday of each month  
Kirkwood Hospice  
7.30pm - 9pm (April to October)  
4.30pm - 6pm (November to March)

## Bereavement Therapy Group at the Bereavement Drop-In

See overleaf for dates  
11.15am - 12.15pm

## Bereavement Drop-In

Fortnightly on Monday mornings  
(excluding Bank Holidays)  
Support & Therapy Centre  
at Kirkwood Hospice  
9.30am - 12.30pm

## Individual Counselling

Available by appointment at the  
Family Care Centre.

## Bereavement Follow Up Support Service

Telephone support led by our team of  
volunteers.

## Psychological and Emotional Support for Children and Young People

For bereaved children and young  
adults (aged 5-16) by appointment.  
Please contact the Family Care Team.

## Spiritual/Religious Support

Available from the Hospice Spiritual  
Care Team who are available every day.

Please call: 01484 557900

## Christian Worship

Every Thursday at 10:30am  
The Quiet Space at Kirkwood Hospice

If you would like any further information about the above services, please contact the Family Care Team at Kirkwood on: **01484 557908**