



Life After Bereavement



"The meaning of Life is Life"

Have you suffered the loss of a loved one?

Getting your life back on track after the death of a partner, family member or a close friend, who you did everything with/for, can be hard.

Life After Bereavement offers you the opportunity to explore your "What now?" as part of a small group of people of all ages similarly coming to terms with their life.

A 12 week programme of talks, activities and social events offering practical help, including introductions to possible new hobbies, interests and the chance to talk.

The group meets at **Knowsley Carers Centre, Bewley Drive, Kirkby** for a 12-week programme for one afternoon a week from 1.30pm until 3.00pm

INTERESTED?

Contact: Pam at
Knowsley Carers Centre

on

0151 549 1412

