

Virtual Cafe

- Meetings take place using **Microsoft Teams** and provide an opportunity for anyone experiencing grief or bereavement to receive peer support in small, private groups in a relaxed and informal online setting from their own home.
- The groups are facilitated by one or more of our coordinators who will endeavour to answer questions and offer helpful strategies.
- All are welcome - please get in touch with us if you would like to attend.



Fourth Thursday of every month 12-1pm

Contact us

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