

## **Bereavement Support Group at Access; Ardgowan Hospice**

*“Grief is like waves coming in from the ocean. At times the waves are small and barely noticeable. But when you least expect it, a huge wave pulls your feet from right out under you. No two people ever see the waves exactly the same way, and no-one reacts in the same way to each incoming wave” Alan Wolfelt (1992).*

Are you bereaved and living in Inverclyde? When a loved one dies it can be a challenging, lonely and emotional time.

Group bereavement sessions offer a safe and therapeutic environment for people to talk and learn, through sharing experiences with others.

It also provides a space to talk honestly and openly about feelings, and gain some insight and understanding into the process of grief.

We are offering a block of 6 sessions of bereavement support which will be facilitated by an experienced bereavement counsellor.

These sessions will help you to:

- Share your experiences with others in a similar situation
- Help you find ways to move forward with life and still maintain bonds with your loved one
- Help you make sense of your feelings
- Get information about other local services available to you

Our first block of 6 sessions will start on Wednesday 21st February from 2-4pm in our Access Building on Nelson Street. There will be a maximum of 12 people in each block of 6 sessions. If you would like to attend these sessions, or put your name on the waiting list for one of the next blocks. Please call us on **01475 305401**. Or email us at [wellbeing@ardgowanhospice.org](mailto:wellbeing@ardgowanhospice.org).