

grief cafe

6 June 2024
18 July 2024
6.30pm-8.30pm
Wanstead Library
Spratt Hall Rd, E11 2RQ

A safe and confidential space to meet others going through the same thing as you. Somewhere you can share your thoughts and experiences of grief and loss.

This is a discussion group and is not a counselling session. It will be a supportive and friendly space, where everyone is welcome to have some refreshments, to talk and lend a supportive ear.

This session is delivered by Creating Conversations CIC & Redbridge Libraries.

To book, visit
linktr.ee/deathpositivelibrary



Or scan the code below



Pay what you can!

