

Wanstead Grief Cafe

A supportive space to share, listen and connect with others around grief and loss



Thurs 16th Jan, 20th Feb & 20th March 2025, 6.30-8.30pm

The third Thursday of the month

Wanstead Library, Spratt Hall Road, London E11 2RQ

A Grief Cafe is a safe and confidential space where people can come together to share and discuss their experiences of grief and loss, and connect with others who understand.

It isn't therapy or a counselling session but simply a place for people to gather, share, listen, and support each other.

Whatever your loss, and whether this is anticipated, recent or a long time ago, everyone is welcome.

Booking information

Booking isn't required but is helpful. Scan QR code below

<https://www.eventbrite.co.uk/o/the-death-positive-library-30239235224/>

[Email: debbie@creatingconversations.uk](mailto:debbie@creatingconversations.uk)

A partnership between Creating Conversations CIC & Redbridge Libraries

