

# Bereavement Café

Supporting you through grief and loss



The Bereavement Café welcomes all adults who have experienced a loss. It's a space for you to meet with others in our comfortable lounge and enjoy some light refreshments. Volunteers are on hand with a cuppa and a listening ear in a safe place where it is okay to not be okay. You can take this time to reflect or discuss worrying thoughts in a comforting and supportive environment.

Why not come and join us?

Each session takes place on the second Monday of the month between 5:30-7:30pm. Our first session will be taking place in June. Come along to the Living Well lounge, which is situated just off of the main reception at Sobell House Hospice.

## Find out more

Call: 01865 225878

Email: [sobellbereavementservice@ouh.nhs.uk](mailto:sobellbereavementservice@ouh.nhs.uk)

Visit: [sobellhouse.org](http://sobellhouse.org)

