



Bereavement Support Groups

It can be overwhelming when someone close to us dies. Feelings of grief and bereavement can affect people in different ways, but talking to someone who has training or experience in grief, can help.

If you have recently lost a loved one, we invite you to join our new support groups.

Colchester - Fridays - 2.30pm-3.30pm

Stanway – Fridays - 10.30am-11.30am

Clacton – Mondays - 1.30pm-2.30pm

Harwich – Tuesdays - 2pm-3pm

Jaywick – Mondays - 10am-11am

To register your interest or to book please call or email:

enquiries@agewelleast.org.uk

0300 37 33 333