



GROWING AROUND GRIEF

Growing around Grief is a group for people who have been bereaved within the last year and over eight weeks ago. It provides an opportunity to meet with others who have had similar experiences, explore how we experience grief, how we remember the person who has died, how we take care of ourselves and look to the future with hope.

**The group meets on
Wednesday mornings
between 10:30 - 12:30.
We meet in the Outpatients
Building at St Gemma's, 329
Harrogate Road, Moortown,
Leeds, LS17 6QD.**



**The course will be running on the following mornings:
11th January - 18th January - 25th January -
1st February - 8th February - 22nd February
(all 2023)**

The course is free of charge.
Tea, coffee and biscuits are provided.

If you are interested in taking part in the course or would like more information, please contact Sarah Applewhite or Rob Hairsine in the St Gemma's Bereavement Service on 0113 306 9167.