

Struggling to cope with grief? Join our Open Group



Newham Bereavement Service
Programme for October 2019 -
November 2019

1st Oct - Grief Models
8th Oct - Dealing with thoughts
and emotions
15th Oct - Expressing feelings
29th Oct - Grieving well
5th Nov - Creating Lasting Bonds
12th Nov - What happens now

www.mithn.org.uk
Registered charity no. 1006927

Where and When?

St Bartholomews Church and
Community Centre
292B Barking Road
Newham
London E6 3BA
Tuesday 1030 - 1200

How can I join?

Contact NBS on 0207 510 4268

 **mind** | in Tower Hamlets
and Newham
for better mental health