

Struggling to cope with grief? Join our Open Group



Newham Bereavement Service
Programme for January 2020 -
March 2020

21st Jan - Grief Models
28th Jan - Dealing with thoughts
and emotions
11th Feb - Expressing feelings
25th Feb - Grieving well
3rd Mar - Creating Lasting
Bonds
10th Mar - 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