

# Grief Café

**A new free monthly drop in session  
for anyone experiencing grief.**

**This a chance for reflection and to share  
experiences with others in a relaxed environment.**

**Do you know someone who would  
benefit from attending?**

***Please invite them to come along!***

**Every 2<sup>nd</sup> Tuesday of each month  
15:30 until 17:00  
at The Courtyard Café**

**Starting:  
8<sup>th</sup>  
March**



The  
**Courtyard**  
Café



**Forget Me Not  
Centre**

@ St John's Hospice