

Improving Lives, Promoting Health

Bereavement



There's no right or wrong way to grieve and there's no telling how long it may take.



There is no 'standard' way of grieving.



Cultures and individuals have their own beliefs and ceremonies.



However, they all share many experiences and ways of coping with their loss.

**The Feelgood Factory will be running a
6 Week programme aimed to help and support
those who have been bereaved**

**Start date: Thursday 8th November 2018 – 10:00 to
11:30.**

For more information Contact David Martin-Corkill on 0151 291 8028

Email: info@feelgoodfactory.org.uk or
Paul Challinor, Maghull Town Hall on
0151 526 3705

