



Butterflies

bereavement
support group

Are you a mum or dad (of young children) who has lost a parent?

Being a parent when you have experienced the loss of your own parent(s) may raise many issues.

Butterflies aims to offer support in a confidential, caring and relaxed group with others who have shared similar experiences.

We meet in North West London. The group is facilitated by experienced bereavement counsellors, on hand to offer guidance and support.

If required, babies and toddlers can be cared for by qualified staff in a crèche on site.

For more information please call the Jewish Care Direct helpline on **020 8951 3881** or email helpline@jcare.org