



Peace of Mind

**A bereavement support group for Jewish people
who have lost a spouse or partner.**

Have you felt the need to just sit and talk with others
who really understand how you are feeling?

Come and join us for support and shared experiences
within a safe and welcoming group, facilitated
by experienced bereavement counsellors.

**On the first Monday of each month, 11.30am – 12.30pm
1st Floor Physio Room at Sandringham
Age group: 60+**



For more information please call
JBCS on 020 8951 3881 or email
enquiries@jbc.org.uk