

Kim Small

Bereavement Group



**Those we love never really leave us,
they are only a thought away.**

They remain in our hearts forever.

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Hello...

...why not come along
to our weekly meetings?

This group offers a supportive and comforting environment where you can connect with others experiencing similar losses. We provide a safe space to share your feelings, whether through conversation, games, or simply relaxing together.

We can discuss the seven stages of grief and, most importantly, help you **navigate the path forward and begin the next chapter of your life.**



The 7 stages of grief

A staircase of seven smooth, green, oval-shaped stones arranged in a descending sequence from top-left to bottom-right. Each stone is accompanied by a label for a stage of grief, with a dotted line separating the label from the stone. The labels are: Shock, Denial, Anger, Bargaining, Depression, Acceptance & hope, and Processing grief. The stones increase in size as they descend the staircase.

Shock

Denial

Anger

Bargaining

Depression

Acceptance & hope

Processing grief

One step at a time...

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**The hardest part
is coming along...**

...we look forward to seeing you

Call or text Kim on: **07512 616087**