

# Bereavement Café



Here at the Northern Ireland Hospice, we feel that some of the most useful support you may experience when bereaved is through connecting with others who have had similar experiences.

### **The Bereavement Café is our new drop-in service.**

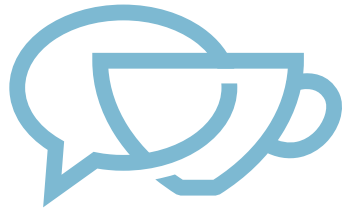
It offers an opportunity for all local people to come together to support each other while grieving the loss of a loved one.

Everyone is welcome, including those who have not previously been involved with NI Hospice services - whether your loss is recent or a long time ago.

The café is a free service to come along and talk about how you are feeling or simply listen to the experiences of others over a cup of tea/coffee and a biscuit.

The café is not designed to be a counselling session. It will offer an opportunity for reflection and a chat, a place where people will find support and encouragement when they need it most.

**Where?** Old School House Café  
Northern Ireland Hospice  
74 Somerton Road  
Belfast  
BT15 3LH



**When?** First Wednesday of each month – starting on 3rd May, 2023.

**Time?** 6pm-7.30 PM – Just drop in, no appointment needed!

For More information, please get in touch by contacting; Social Work Department, **02890 781 836**.