

Bereavement Café

Sharing
your grief
journey



Are you struggling with grief?

St Barnabas House chaplain Sarah Bell welcomes you to a safe space where those navigating the complex world of bereavement can come together to connect, share and talk over a coffee. Grief touches us all uniquely. Sharing stories and forging friendships helps us find comfort and hope.

Join us at:

Samuel Wickens Centre, Waitrose car park, Rustington

Weekly from Friday 17 May
10.30am - 12.00pm
for six weeks

Refreshments provided

Parking is free for two hours

The Hub, 7 The Square, Storrington

Weekly from Saturday 18 May
2.30 - 4.00pm
for six weeks

To find out more visit

 www.stbh.org.uk/bereavement-cafe

Registered charity number 256789

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St Barnabas
House
{Hospice}
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