



## **Bereavement Café- Sharing your grief journey**

**Event details-**St Barnabas House Chaplain Sarah Bell, and volunteers, welcome you to a safe space where those navigating the complex world of bereavement can come together to connect, share and talk over a coffee.

**The group meets every fortnight on Fridays.**

**When:** Friday 3rd January 2025 at 9:30am

**End:** Friday 19th December 2025 at 1:30pm

**Activity type:** Bereavement, West Sussex

About

We recognise that grief touches us all uniquely. In these meetings you'll have space to share stories and forge friendships, helping each other to find comfort and hope.

All meetings are free to attend, and open to anyone at any point of their bereavement journey.

### **Details**

**Where:** Samuel Wickens Centre, Waitrose car park, Rustington (**parking is free for two hours**).

**When:** Fridays, every fortnight at 10.30 – 12

- 14 February
- 28 February
- 14 March
- 28 March
- 11 April
- 25 April

**Details:** Refreshments provided. There's no need to book and you can just turn up on the day, we look forward to seeing you there.