

# BEREAVEMENT SUPPORT GROUP

**A safe supportive space where people come together to talk about their experience of loss and bereavement.**

**An 8-week program guides you through various models of grief and supports you to move through grief.**



**An 8-week Course  
Starting Thursday 26 February  
at 11.45am-1.45 pm  
Walton**

MFT supports adults in Surrey to improve and maintain their mental wellbeing through one-to-one support, courses, groups and activities.

To book your place, you need to register with MFT first and then contact:  
01372 375400, text 07929 024722,  
email [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk)  
visit [www.maryfrancestrust.org.uk](http://www.maryfrancestrust.org.uk)  
or scan our QR code



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Inspiring Mental Wellbeing