

**Main Hospice, Brentry**

St Peter's Hospice  
Charlton Road, Brentry  
Bristol BS10 6NK

**Tel: 0117 915 9400**

**Fundraising Office, Long Ashton**

Block C, Estune Business Park,  
Wild Country Lane,  
Long Ashton, BS41 9FH

**Tel: 01275 391 400**

# Bereavement Support Group

Closed therapeutic group held at  
St Peter's Hospice, Brenty

[www.stpetershospice.org](http://www.stpetershospice.org)



Registered Charity No. 269177



**St Peter's Hospice**  
For Patients, Families and Bristol



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# Bereavement Group

**Grieving takes time. As people move in and out of the stages of grief, they may need some social support and a sense of shared experience to help see them through. Bereavement groups offer a safe and supportive environment for people to process the loss, come to terms with their feelings, and support others in similar circumstances.**

The group is a closed therapeutic group which runs every week over 6 weeks. This means there are 6 sessions in total and the same people attend for 6 weeks.

## How to attend

Please let us know that you are interested by contacting our Bereavement Co-ordinator on 0117 915 9474. A



[www.stpetershospice.org](http://www.stpetershospice.org)

member of the bereavement team will then contact you to discuss it further and give the relevant details.

## Aim of the group

- To give an opportunity for people who have been through a similar experience to share their story in a safe and secure environment.
- To create a supportive experience that enables sharing and learning from each other.
- To have a better understanding of your own experience as well as understanding the experience of loss for other people.

## Main Themes

- Sharing experiences
- Exploring difficult feelings, past/present/possible future
- Sharing memories
- What makes a good or bad day?
- How to cope with expectations of others
- Where are we now?

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