



# Grief Support Group

At the Alice Cross Centre

Recovering from the death of someone we love often means that we must make sense of a world turned upside down. Coping with grief is exhausting, painful and can be lonely.

We may not wish to share with others in the family for fear of upsetting them. When you have lost someone, it takes time to regain our bearings - to see that life can be good again, although changed.

We meet on the 1st and 3rd Wednesday of each month  
10.30am - 12pm

The Alice Cross Centre  
1-3 Bitton Park Road,  
Teignmouth  
TQ14 9BT

Refreshments are provided!

STARTS ON THE  
7TH OF SEPTEMBER!

Our group is for those who would like to meet others who grieve, to share in a safe place and see life in a new way.



For further details or to book a place:  
**Call 01626 778039 or**  
**Email [Info@thealicecross.co.uk](mailto:Info@thealicecross.co.uk)**

