

"I never thought I'd feel like this!"

**"Nobody wants to speak to me ...  
... they seem embarrassed."**

"I feel I'm on the outside looking in."

"When will I ever sleep again?"

**"When I go home there's no-one there ...  
... the house is silent, almost hostile."**

# **BEREAVEMENT MEET-UP GROUPS**

## **LISTENING • SHARING • CARING • SUPPORTING**

If you or someone you know has experienced loss, grief and bereavement, and would like to talk or receive some support, why not come along to one of our group meetings hosted by empathetic volunteers from the Parishes of Acton, Church Minshull, Wettenhall and Worleston.

**Meetings are held at St Mary's Church, Acton**

### **NEXT MEETING**

**Date:**

**Time:**

Call **01270 628 864** for more information or email [crosscountryparishes@outlook.com](mailto:crosscountryparishes@outlook.com)