

NEED HELP?



If you, or anyone you know would benefit from this group, please contact Andie Day or Celia Stevens at Dartmouth Caring.

01803 835384

Dartmouth Caring

Dartmouth Health &
Wellbeing Centre
Wessex Way
Dartmouth
TQ6 0JL

Phone:

01803 835384

Email:

support@dartmouthcaring.co.uk
enquiries@dartmouthcaring.co.uk

Office Open:

Monday - Friday
9:00am - 2:00pm



Registered Charity Number:
1187326



Dartmouth Caring
Supporting Our
Community

Bereavement Support



01803 835384



Bereavement Group

Our group - is for adults who have recently been bereaved, who may benefit from the support of others in a similar situation.

We provide an informal environment and support people to share experiences and help each other

Our meetings –

- meet once a week
- for 4—6 weeks
- in groups of a maximum of 6 people
- safe, friendly, welcoming, and confidential.
- facilitated by staff experienced in bereavement support

Accessing the Group

If you are interested in joining one of our groups please contact Dartmouth Caring to discuss

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Useful Contacts

Counselling Directory

<https://www.counselling-directory.org.uk/adv-search.html#accept-cookies>

Cruse Bereavement Care

<https://www.cruse.org.uk/>
Tel 0808 808 1677

Compassionate Friends

Supporting bereaved parents and their families
<https://www.tcf.org.uk/>
Tel 0345 123 2304

Children and Families in Grief

<http://www.childrenandfamiliesingrief.co.uk/>
Tel 01803 393917