

The Listening Lounge

1.30-3.30pm, The Wellbeing Centre, Phyllis Tuckwell Hospice


Phyllis[®]
Tuckwell
Hospice Care
...because every
day is precious



IT Help
Monday 29th June

Tai Chi
Monday 27th July

Batching and Freezing
Monday 24th August

**Nurturing Nature and
Moving Forward**
Monday 28th September

Find solace in the company of others who truly understand

The Listening Lounge is a compassionate and non-judgemental environment where people can share experiences, memories and challenges related to their loss.

These informal sessions are open to anyone who has been bereaved from an advanced or terminal illness, no matter how recently or long ago their loved one died. Talking to others who have also experienced bereavement can help you feel that you're not alone.

Each session starts with a relaxed welcome, introductions and refreshments, followed by a one hour discussion around the chosen topic. There is time afterwards to talk and connect with others, if you wish.

Spaces are limited to 12 people per session, so if you would like to attend, please call 01252 729440 or email pafs@pth.org.uk to book.