

The Listening Lounge

1.30-3.30pm, The Beacon Centre, Guildford, GU2 7WW


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



Music and Memories
Monday 9th March

DIY
Monday 13th April

Grief Models
Monday 11th May

IT Help
Monday 8th June

Tai Chi
Monday 13th July

Batching and Freezing
Monday 10th August

**Nurturing Nature and
Moving Forward**
Monday 14th 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.