



UK REGISTERED CHARITY: 1193241

# BEREAVEMENT SUPPORT CIRCLE

How do you cope? Do you have support?

This is an opportunity for anyone who has been bereaved to join an informal group to chat about your loss and the challenges you are facing.

**Date:** Sunday 13th November 2022 & the second Sunday of every month

**Time:** 1.00pm to 2.30pm

A short snack/drinks break included

**Location:** Belgrave Community Centre  
285-291 Wanstead Park Road  
Ilford IG1 3TR

This is a walk-in  
Support Circle, there is  
no need to book

We'll also be LIVE on **Zoom:**

Meeting ID: 788 5349 3778

Passcode: SH2020



# 0204 551 1584

FREE EMOTIONAL SUPPORT LINE EVERY DAY 8AM TO 10PM

For more information contact us at [tahreemnoor@supportinghumanity.org](mailto:tahreemnoor@supportinghumanity.org)