

**Cleavearc – A dementia charity**

# **Bereavement Support Group**

The Elmwood Centre  
53 Darlington Road  
Hartburn  
Stockton-on-Tees  
**TS18 5EP**

**Free group sessions facilitated by a professional counsellor, come and talk about your loss in a safe and comfortable environment.**

- **Bereavement counselling**
- **Anticipatory grief**
- **Share ideas and receive support**
- **Booking essential**

Every 2 weeks  
on a Thursday  
1pm – 3pm

Here to  
support  
you

For more information please contact Cleavearc on  
01642 611110 or email [info@clevearc.com](mailto:info@clevearc.com)