

# LIVING GRIEF

Let's talk about grief...

- Talk about grief and bereavement
- Free access to 1 hour online sessions
- 6 sessions between January to April
- Available to anyone in East Suffolk
- No need to be a hospice service user
- Also supporting those affected by COVID-19

Find out more on the St Elizabeth Hospice website.

To book a place, visit: <https://bit.ly/LivingGriefSessions>

St Elizabeth  
Hospice