

LivingGrief Sessions – online bereavement support from St Elizabeth Hospice

[LivingGrief](#) is the St Elizabeth Hospice bereavement service. We are here to help open up conversations about grief and support you and loved ones throughout bereavement.

LivingGrief Sessions offer free 1 hour online professional support for those who are bereaved. The Sessions are open to **anyone who is bereaved in East Suffolk** over the age of 18. You do not need to have previous contact with the hospice to access this support.

2021 Session dates are all at 10am – 11am:

- Wednesday 3 February
- Wednesday 24 February
- Wednesday 17 March
- Wednesday 7 April
- Wednesday 28 April

The purpose of the LivingGrief Sessions is to:

- Give you some information about what you might expect to experience in bereavement
- Think about how you can best support yourself, especially during the coronavirus pandemic
- Chat with other bereaved people in small groups
- Signpost you to bereavement support service information
- Give you the opportunity to arrange an appointment to talk things through with one of our trained counsellors if needed

By joining the one-off session you may:

- Better understand what to expect in bereavement
- Explore what may help you cope with bereavement
- Connect with others
- Know where to find bereavement service information

For more information and resources to help you through bereavement, please visit our [LivingGrief web pages](#).

If you are having difficulty registering onto a LivingGrief Session, call us on 01473 707999 (Mon-Fri 9am-4pm) and we can register you over the phone.

We have a limited number of tablet devices available to borrow for those without a device or access to Wi-Fi. Please get in contact with the team if you need technical support.

If you have specific queries on LivingGrief Sessions, please contact the LivingGrief team on:

LivingGriefSessions@stelizabethhospice.org.uk