

Grieving? You're not alone.

Grief can make us feel isolated at times. You can find support at your local Grief Kind Space where you can meet other people going through a similar experience.

There's no need to register in advance, simply come along on the day during the opening times.

Come along to our Grief Kind Space.

**Drop in every Monday,
between 10.00am and 12.00pm
at Dorothy Parkes Centre,
Church Road, Smethwick
B67 6EH.**



If you'd like to find out more visit sueryder.org/GriefKindSpaces or email us at GriefKindSpaces@sueryder.org

For more ways to access bereavement support visit sueryder.org/griefsupport

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Grief Kind Spaces