

# Understanding My Grief

## Monthly Sessions

Online and at Arthur Rank Hospice  
CB22 3FB



**Join us for a relaxed, informal presentation if you**

- Have experienced a bereavement
- Would like to understand more about the grieving process
- Want to learn how best to look after yourself
- Want the opportunity to connect with others who may be going through a similar experience.

**Scan the QR code to find out more  
and book your FREE place.  
Or telephone 01223 675777**

