

Grief

Support &
Counselling

COPING WITH GRIEF & LOSS

Grief Support Group

You don't have to cope alone. There is pastoral support for those who are experiencing grief and loss, whether bereavement or other natures of loss:



St Teresa's Bereavement support Group, Lexden.

Every second Saturday of
each month in the church
hall between 12:30pm
and 2pm.

**Phone Christian on
07539593186**



St John Payne Bereavement Support Group Greenstead

John Payne Church Hall
on the second
Wednesday of any month
between 10.30 and
11.30am, or
**Phone Judy on
07530956440**



St James the Less & St Helen Church Colchester

offers one to one
bereavement support:
**Phone Valerie on
07941903227**

Contact us or your Parish

Further details of the trained and experienced support team involved are on the parish websites and Facebook pages – or enquire at the parish offices.