

CHRISTMAS SUPPORT



Are you worried how you or your family will cope this Christmas following bereavement?

Maybe you don't want counselling but would like to talk?

Would you like a friendly chat aimed at making things easier?

If you would like to arrange a 1:1 chat let us know at the Hospice or call Family Support on 01282 440102

- **Thursday 21st December 9am-5pm**
- **Friday 22nd December 9am-5pm**