

SONNING COMMON BEREAVEMENT GROUP

I am a qualified integrative therapeutic counsellor and have a passion for working with bereaved families in my private practice to help them express themselves in a way in which they feel comfortable.

Having spent many hours talking to bereaved families, I have approached Sonning Common Health Centre so that we can initiate a Bereavement Group for anyone who feels they would like to share their feelings with people who have had similar experiences.

I will be the group facilitator, but it will be the group who decide what they want to talk about. In my experience, talking and sharing how you feel having been bereaved and asking questions about how others are feeling, is invaluable. The group will be a safe space to express emotions that you may not wish to express with family and friends. It may well help to meet other people in a similar position as you, and help you to develop new ways of coping.

For some people, the thought of joining a group may seem daunting, but once you walk through the door and meet like-minded people it can be so worthwhile.

The meetings will be held approximately once a month. The first meeting will be held on Wednesday 28th November starting at 2 p.m. until 4 p.m. at the FISH Volunteer Centre in Kennylands Road. The only cost involved will be a contribution towards refreshments.

If you feel joining the group will be beneficial to you, please contact me by email – jill@dragonfliescounselling.co.uk

I look forward to meeting you soon.

Jill Poll MBACP www.dragonfliescounselling.co.uk