



THE HARBOUR

Bereavement Group

Inviting people bereaved through a physical illness to come together
to speak about the realities of their grief



More About The Harbour Bereavement Group

When will the group meet?

Groups will run for 16 weeks and are **expected to start early in the New Year (2021):**
Wednesdays, 17.15 – 18.20.

There will be breaks over the usual holiday times.

Groups will meet via Zoom for the foreseeable future and will be facilitated by a therapist.

What happens in a therapy group?

In group therapy you can:

- Explore the impact of bereavement on yourself and your relationships in a safe, confidential group setting.
- Explore your respective histories of dealing with losses, to gain a broader perspective.
- Exchange thoughts, feelings and insights with others in a supportive way.

Benefits of group therapy

Groups offer you the **freedom to communicate** your experience honestly and sensitively with others, with a view to processing your experience of loss, change and grief.

In particular, therapy groups offer you the following benefits:

Your relationships with others (and with yourself) can be transformed by exchanging similarities and differences with others undergoing a bereavement.

Participating in a safe, confidential group environment based on mutual respect can **reduce feelings of isolation** following a bereavement.

The opportunity to **evolve a new perspective on life**, and a sense of being more centred and grounded in your experiences and relationships.

Interested in joining?

Please email
info@the-harbour.org.uk
or call 0117 925 9348 for more
information

**A space for you to talk and be listened to
when you need it most**

www.the-harbour.org.uk
info@the-harbour.org.uk
0117 925 9348



THE HARBOUR

At The Harbour we provide life-changing
support to those who experience death, dying and bereavement
in Bristol