

# PARISH BEREAVEMENT SUPPORT GROUP



**087 2983591**

Phone to contact directly

Thursdays from 11am-12.30pm and

7.30pm First Wednesday of Every Month

If you are bereaved or experiencing loss of any kind and would appreciate talking to trained listeners in a supportive, confidential setting, you would be very welcome to attend in the Parish Pastoral Centre.

**Weekly meetings every Thursdays from 11am-12.30pm**  
**Monthly meeting first Wednesday of the month at 7.30pm**

All support sessions are free & completely confidential. Phone 087 2983591 to contact directly.