

The death of someone close to you can be a difficult time.



We can support you with what you are going through.

Bereavement support for current and former adult carers

Carers Support Centre, 24 George Street, Croydon CR0 1PB

See other side of flyer for details

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Losing someone close to you can be a difficult time

If you are a current or former carer going through a bereavement, we are here for you. We can offer support, someone to talk to, and the chance to join a bereavement support group. We can also signpost to one-to-one counselling if you need it.

Unlike other types of bereavement support, our service is tailored to the needs of current and former carers. **A carer looks after a relative, friend or neighbour who needs support due to illness, disability or old age.**

Our support groups

Groups are open to bereaved current and former adult carers of a Croydon resident who have experienced a bereavement at least four to six months before joining.

If your bereavement was more recent, please still get in touch with us. We can listen to you and help you find the right support for you.

How do the groups work?

Groups are facilitated by a qualified and British Association for Counselling and Psychotherapy (BACP) registered counsellor. You will have the chance to talk, listen, explore your feelings and find strength.

We run several blocks of sessions throughout the year. Each group runs for seven weeks and is held on a Friday, 10.30am-12noon. They are completely free but **advance booking is essential**. Contact us for future dates.

Groups take place at the Carers Support Centre (first floor), 24 George Street, Croydon CR0 1PB. Please note that there is no step-free access to the room. If you have accessibility needs, please let us know.

For more information, or just to talk to someone about what you're going through, call Tanya on 020 8649 6280 or email tanyafitzgerald@carersinfo.org.uk

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