

Beth Johnson Foundation
Bereavement Friendship Project

Helping to rebuild connections after loss

There's no guidebook for grief, but talking openly to others who have experienced bereavement can help. If you would like to reconnect with people, reduce feelings of isolation, and find support to help build a life around your loss a warm welcome awaits you at our monthly

Bereavement Friendship Groups



Support for bereaved people aged 50+

Groups meet **once a month**, 10.30am—12noon at

Beth Johnson Foundation, Hartshill
(1st Wednesday of the month)

Biddulph Town Hall (2nd Wednesday of the month)

John Hall Wellness Gardens (2nd Friday of the month)

Why not come and join us? For more details contact:

 **Amanda 07867 003313**  **bereavement@bjf.org.uk**

BJF Beth
Johnson
FOUNDATION



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charity
raising funds for university hospitals of north midlands



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