

# PRIMROSE HOSPICE COPPICE CENTRE

Primrose Hospice can help you and your family with:

- Practical help
- Complementary therapy
- Family support
- Benefits advice
- Counselling
- Bereavement support

As a charity, all of Primrose Hospice's services are free

However, if you wish to make a donation please speak to a member of staff or visit [primrosehospice.org](http://primrosehospice.org)

## CONTACT US

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Registered charity No: 700272



## CYGNETS



Support for adults experiencing a death of a parent

Bereavement  
group

# WHAT IS CYGNETS GROUP?

Cygnets is a support group for those who have experienced a death of a parent.

The group provides an opportunity to share, gain support and to meet other people who have had similar experiences of grief.

Losing a parent means a loss of childhood, innocence and a part of oneself. No other bond exists like the one with a parent.

Coping with the loss of a parent means learning to live without a person who has always been there for you, someone you have known for your whole life.

# AIMS OF THE GROUP

The aim of Cygnets is so those who have lost a parent can learn and develop within the grieving process through sharing their own experiences.

The group allows those who have experienced loss to recognise the similarities between their own grief and others to progress forward in their grief journey.

By sharing experiences, it allows for those who have experienced loss to develop their own set of tools to manage within everyday life, while removing the social isolation that is often associated when someone we love dies.

# FAQS

## Who can attend?

Anyone aged between 18 and 50 who has experienced the death of a parent.

## Do I need to book?

After your referral you will be seen for an assessment. If it's considered that the group would be helpful for you, you will be advised on how to take this forward.

Cygnets group is a closed therapeutic group based on a waiting list.

Cygnets Sessions are available: