

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

CONTACT US

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The Coppice Centre

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Registered charity No: 700272



RIVER



Bereavement
group

WHAT IS RIVER GROUP?

We know that many people suffer ill effects from increased levels of stress during a time of bereavement.

This group is designed for newly bereaved clients to help provide practical support to individuals in addition to any other bereavement services they may be receiving.

The group facilitators will guide you through a programme of six weekly sessions.

The sessions will explore practical and simple relaxation techniques to be used at home.

As a participant on this course you will be encouraged to keep a personal diary and set small, achievable tasks to be completed between sessions.

Relaxation techniques include:

- Relaxing the body
- Simple breathing techniques
- Relaxing a busy mind
- Calming the emotions
- Developing a sense of wellbeing

FAQS

Where can I attend the group?

The River Group course is run from Primrose Hospice's Coppice Centre and will be facilitated by experienced members of the Complementary Therapy team.

Are places limited?

Places are limited to a small number in a safe environment.

When does it run?

The programme is offered at different times throughout the year and individual participants are encouraged to complete the full six sessions.

How can I attend?

For further information and an application form call Julie Guest, Complementary Therapy Co-ordinator or our team at the Coppice Centre on 01527 889799.

River Sessions are available: