

# 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



## STEPS



The Steps Group is for anyone who has experienced a death of a spouse or partner

Bereavement  
group

# WHAT IS STEPS GROUP?

STEPS is an informal bereavement group for individuals who have experienced the death of a partner or spouse.

Group support is a proactive way to manage difficult emotions following the death of a loved.

STEPS is a welcoming and inclusive group open to anyone who fits the referral criteria.

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

# AIMS OF THE GROUP

The aim of STEPS is to provide a safe environment where people can talk together, share experiences and express emotions.

In return the group offers friendship, support and a "listening ear".



# FAQS

## Who can attend?

Anyone who has experienced the death of a partner or spouse.

## How can I attend?

Anyone who has experienced a bereavement can self-refer by contacting our Family Support Team.

Alternatively, you can ask any education, social care or healthcare professional to make a referral on your behalf.

STEPS Sessions are available: