

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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Registered charity No: 700272



SWAN



Surviving without a significant other

Bereavement Group

WHAT IS SWAN GROUP?

The Swan Group is open to anyone who is bereaved of an significant other.

However, it is not suitable for those who have experienced the death of a parent, husband, wife or partner.

This is a closed therapeutic group with the focus being on grief, loss and bereavement.

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

AIMS OF THE GROUP

The aim of the Swan group is so those who have lost someone significant to them can 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.

SWAN Sessions are available:

FAQS

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.

Do I need to book?

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

Is there a time limit?

The Swan group is based on a a waiting list, please contact our Family Support Team for more information.