

# 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



## WILLOW



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

## Bereavement Group

# WHAT IS WILLOW GROUP?

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

This group encourages the expression of deep emotions, grief, sadness and tears.

This group is a supportive place where anyone can come and be in the company of others who have shared experiences of grief.



# AIMS OF THE GROUP

The willow tree represents that even through great loss we have the ability to grow, and there is always the potential for something new.

The aim of the group 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'.

## Who can 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.

# FAQS

## When does it take place?

Will group meets weekly at The Coppice Centre, Primrose Hospice.

## Do I need to book?

After your referral you will be invited for an assessment with one of our Family Support Team. Afterwards, you will be introduced to the group.

Willow Sessions are available: