BEREAVEMENT CAFE



Our Community Bereavement Cafes offer a welcoming space for anyone experiencing bereavement to drop in and come together for informal conversation and support.

Community, support and conversation

Facilitated by trained staff and volunteers, these FREE and friendly sessions are open to everyone who has experienced bereavement. Drop in for a chat and there will be a listening ear.

Locations available across North Essex, with more being added every month. No need to book, just scan the QR code for more information and come along for community, support and conversation.

sthelena.org.uk/cafe

St Helena Hospice