

T.L.C.

Stourbridge Bereavement Support Group

Please note: This is NOT a bereavement counselling group, but rather a friendship/discussion group.

- **Meeting at Chawn Hill Church**
- Entrance is situated to the rear of the Church,
- Address Chawn Hill, Stourbridge, DY9 7JD
- **Wednesday Morning 11.00 – 12 noon**
- Light Refreshments

Access into the church is disabled friendly.
Limited car parking is available to the rear of the church, the following buses pass through or near to Chawn Hill **142** and **28** additionally we are only a short walk from the Stourbridge Junction.

For further details please contact:

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T.L.C.



*Stourbridge Bereavement
Support Group
“So Much Stronger Together”*

Welcome to T.L.C.

We are a bereavement support group, set up near the centre of Stourbridge, endeavouring to meet some of the needs of those suffering as a result of bereavement. We meet each Wednesday morning from 11:00 until around 12 noon and there is no charge for attending.

We understand that bereavement can be a very painful, lonely and confusing journey, and also that it can be very difficult to share thoughts and feelings with family and friends. We offer friendship and support with others who can appreciate and identify with your experiences and feelings, in a safe and welcoming environment.

Together we aim to:

- create a safe place where bereaved people can meet together
- help counter the feelings of isolation related to bereavement
- encourage mutual support in a non-judgemental environment
- share thoughts and feelings with compassion towards ourselves and others
- assist each other in approaching some common problems
- build trust and friendship
- provide a supportive environment to enable people to find new purpose and renewed hope
- provide links to other community support groups offering help and support
- share social events e.g. lunchtime meals at local pubs/restaurants – occasional outings.

The group is open to all, if you need support to cope with bereavement then you are welcome, but we do ask that you:

- show respect to all other group members
- listen while others are speaking
- show sensitivity
- remember and respect that your opinions and views may not be shared by all group members and most importantly, remember and respect that some topics of discussion are confidential and should be treated as such.

About the Group

T.L.C. Stourbridge Bereavement Support Group was launched here at Chawn Hill Church in November 2014. We acknowledge that many bereaved people need a little extra help and don't just 'get over' their loss, but that it is in sharing and celebrating the life of a loved one, acknowledging the importance of remembrance, especially of special occasions and events, through laughter and tears, healing can begin.

Since the beginning many people have passed through our doors and have found comfort, friendship, support and more importantly renewed hope for their future. We believe that this is a great way to serve the community and members are welcome from all backgrounds and religious beliefs, without any pressure to join Chawn Hill Church.

The group has been facilitated since the beginning by Anita Tollerton, Maureen Giles and more recently Karen Jordan and Mary Saunders, have joined the team.