



## *Cittamani Hospice Service*

### **BEREAVEMENT SUPPORT GROUP OCTOBER – DECEMBER 2016**

Group meetings are held twice a month and offer an opportunity for people to share conversations about their experience with grief and loss. These meetings are held on the **first Tuesday and third Thursday of each month**, and will be held on the following dates at **Cittamani Office, 230 Woombye-Palmwoods Road, Palmwoods**.

#### *Tuesday*

**4<sup>th</sup> October**  
**1<sup>st</sup> November**  
**6<sup>th</sup> December**  
**3.00pm – 4.30pm**

#### *Thursday*

**20<sup>th</sup> October**  
**17<sup>th</sup> November**  
**15<sup>th</sup> December**  
**10.00am – 11.30am**

You will receive another letter after the December group, so please keep this one handy until then! If you feel you no longer need to receive this information, please email [meg.cittamani@gmail.com](mailto:meg.cittamani@gmail.com)

Anyone is welcome to attend the groups. You do not need to ring us to confirm your attendance, but of course we are always happy to hear from you.

Please do not hesitate to contact Cittamani if you feel you would like to talk to Liz, Jude, Jenny, Jill, or myself individually. We're only a phone call away.

If you would like more information about the groups or any of the services we offer, please phone Meg McNaught – **5445 0822**.