

Sue Ryder
Grief Kind Spaces



Grieving? You're not alone.

Grief can make us feel isolated at times. You can find support at your local Grief Kind Space where you can meet other people going through a similar experience.

There's no need to register in advance, simply come along on the day during the opening times.

Come along to our Milton Ernest Grief Kind Space. **Drop in every Thursday, from 9th March between 10am and 12pm at Milton Ernest Garden Centre,** Radwell Road, Milton Ernest, Bedford MK44 1SH.



If you'd like to find out more visit
sue Ryder.org/GriefKindSpaces
or email us at

GriefKindSpaces@sue Ryder.org

For more ways to access bereavement support
visit sue Ryder.org/griefsupport

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