

Creating conversations in Croydon

Dying well takes planning



Creating Conversations Café

‘No-one seems to know what to say’

Tuesday 10 December, 1.30pm-4pm

St John's Church Hall (Garden Room),

Upper Selsdon Road, South Croydon CR2 8DD

The Creating Conversations project aims to break down the silence around death and give each of us a voice, where open conversations are welcome in normalising dying, death and grief.

Join us for free afternoon tea at this month's café, which is in support of **#NationalGriefAwarenessWeek**. A local bereavement, loss and grief counsellor, **Fiona Reynolds**, will help us explore the challenges of understanding the emotional journey around bereavement, loss and grief, as well as ways to support grieving adults both in communities and local support organisations. We will also discuss the grief awareness posters.

You can book via Eventbrite at <http://bit.ly/2JX8AgK> or please contact Carol Trower on **07753 460437** or at c.trower@stchristophers.org.uk.

Join the conversation at [@CCinCroydon](https://twitter.com/CCinCroydon).

www.stchristophers.org.uk/creatingconversations

Please note that this is not a counselling forum

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