

# Creating conversations

Dying well takes planning



## Bereavement Café

Currently meeting on Zoom in a welcoming and respectful space for those coming to terms with loss and bereavement

**Every Monday during May and June, 5-6.30pm**

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. After two years of meeting face to face, we have a new home in keeping with government directives on safe distancing because of Covid-19.

The Bereavement Café is open to all people living in our catchment areas of Lambeth, Southwark, Lewisham, Bromley and Croydon. There will be an invited special guest speaker every other Friday.

Now more than ever, you deserve to share your stories, to be heard and to connect through shared experiences. Join us if you are bereaved and struggling with loss and grief. You do not need to carry the burden alone.

**Please request your Zoom meeting invite at**  
**[communityaid@stchristophers.org.uk](mailto:communityaid@stchristophers.org.uk)**

To find out more about this event, please contact Carol Trower on 07753 460437 or at [c.trower@stchristophers.org.uk](mailto:c.trower@stchristophers.org.uk).  
[www.stchristophers.org.uk/creatingconversations](http://www.stchristophers.org.uk/creatingconversations)

Please note that this is not a counselling forum

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