

# Pat's Chat Room

## Here Together for the Bereaved

Feeling lonely, isolation, or lost?  
No one to share your loss or sadness with?

Then we invite you to come and join us for chat with others who have lost a special person in their life.

Here you will find a safe space where you can express yourself freely and without judgement.

A safe space where you can begin accept your own feelings of grief, and find your way back into life — smile again.

Please feel free to join us on  
Thursdays 1pm- 2pm from 15<sup>th</sup> July 2021  
at St Barnabas Church  
Sea Road, Bexhill TN40 1JJ

Brought together by Judith, a retired counsellor,  
& Nina, who works in funeral care.

If you want to enquire first,  
please ring Judith on 01424 224 501

