

Living with Loss

Exploring grief, loss and
bereavement in a safe place with
a local Grief Recovery Specialist.



At some point in all our lives we are affected by loss, bereavement and grief. Each experience is different and very personal. It can be difficult to understand and manage the way we feel and cope.

Grief Recovery Specialist, Simon Arthur, delivers individual sessions to explore grief, loss and bereavement in a safe space. The two hour session covers grief myths, understanding feelings associated with loss, navigating our way through grief, and some tools that can help us.

'I feel more positive about finding a way forward'

'..very helpful in giving me tools to understand my feelings and ways I can help myself to cope'



**Sessions are held fortnightly
on Thursdays at 2pm**

**North Norfolk Macmillan
Centre, Cromer Hospital, Mill
Road, Cromer, NR27 0BQ**