

Learn at Lunch: 9 May 2023

12.30pm to 13.30pm

Coping with Bereavement

Join us for a session with **David Hamilton**
(Palliative Care and Bereavement Counsellor) looking at:

1. Basic theories about bereavement
2. How we might grieve when bereaved
3. What helps when we are grieving and what doesn't?
4. Caring for ourselves in order to care for others

