

# You don't need to be alone with your grief

Whether a loved one died recently or some time ago, the impact of bereavement is timeless.

Join our free online social groups to share your story and gain support from others.



## Bereavement Help Points



For anyone aged over 50 living in Stoke or North Staffs

To find out more contact: [bhpoint@bjf.org.uk](mailto:bhpoint@bjf.org.uk)

Tel: 07507 408372 / 07770 016978

The Beth Johnson Foundation is a national charity dedicated to making a future for all ages. The Bereavement Help Points project uses a social model developed by St Giles Hospice and is funded by The National Lottery Community Fund.

