

# Your life after bereavement

Everything can seem more difficult following a bereavement.

Joining our free online social groups can help you find ways to build a life around your loss.



## 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.



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