

OUR GRIEVING HEARTS

Established since 2011 – part of The Compassionate Friends

We offer support after the death of a child of any age



**We're here at times of crisis and for
the ongoing needs over your lifetime.**

**We offer an opportunity to talk about your child
in a safe and caring environment with others
who have also experienced the death of a
much-loved and precious son or daughter.**

All are warmly welcomed

**For further information please call
Bridget 01277 210104/07894 698288**



The
Compassionate
Friends



Supporting bereaved parents and their families

We understand at such a difficult time the importance of feeling supported and have therefore included details of other organisations you may find helpful.

Child Bereavement UK
www.childbereavementuk.org
0800 02 888 40

Child Death Helpline
www.childdeathhelpline.org.uk
0800 282 986
0808 800 6019 (from a mobile)

Stillbirth & Neonatal Death Charity
www.uk-sands.org
0808 164 3332

Survivors of Bereavement by Suicide
www.uk-sobs.org.uk
0300 111 5056

We are a Compassionate Friends Support Group for Essex.
Registered charity no: 1082335.

