

# International Grief Support Group

## - Starting Soon -



**Have you recently experienced the loss of a loved one and are looking for an international English-speaking grief support group?**

While Grief is a unique and deeply personal experience, we usually find it easier to cope when surrounded by compassion and care. The purpose of our support group is to provide a safe space in a non-therapeutic setting, where our participants can express their feelings and share experiences openly and without judgement. In our mourning process, we help each other work through pain towards hope and healing.

We will meet once a month for a period of 12 months. In each meeting we will explore a different theme around grief and mourning. To maintain a high level of trust and companionship throughout the journey, we encourage regular participation and limit the max. number of participants to 12. All genders, nationalities, and confessions are welcome.

**Are you interested in joining our Grief Support Group in Bonn?**

Contact us via [expatgrief@gmail.com](mailto:expatgrief@gmail.com)

Currently our meetings take place in English.