



**Dorset Open Door**

Supporting bereavement together

# Bereavement Café

**Drop in & talk with others  
who understand about loss**

**What?**

A place for people of all ages to talk about and get support with bereavement. Come along on your own or with friends and family and have conversations about grief, or just join us for a coffee and a chat.

**Where & When?**

Tuesday 4.30pm to 6.30pm @ The Front Skate Park,  
Weymouth

Thursday 4.30pm to 6.30pm @ The Gallery, Dorset  
Mental Health Forum, Dorchester

**For further information and dates:**

**Visit:** [bit.ly/BereavementCafeDorset](https://bit.ly/BereavementCafeDorset)

**Call:** 01305 361361

**Email:** [dhc.dorsetopendoor@nhs.net](mailto:dhc.dorsetopendoor@nhs.net)



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