

WHAT REMAINS

PEER SUPPORT FOR LOCAL PEOPLE AFFECTED BY SUICIDE

"It felt like such a sense of relief to share pain and grief amongst a group of people who understood my experiences." Catherine

WHAT REMAINS offers unique face to face peer support for people experiencing loss through suicide. Led by workshop facilitator and bereavement counsellor Gillian Brooks these group sessions draw on Gill's own lived experience of suicide by offering creative activity, space for quiet reflection and shared conversation about the emotional legacy of suicide bereavement.

Starting on 19th April '21 from 11:00 – 13:00 currently 6 weeks with a view to extend further
Taking place at the Haven in Preston



Limited places – Booking to attend the session via
CAD@lscft.nhs.uk
For further information please use this above email address.