

*Support for People*  
**Struggling with Bereavement**

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*Living Through Loss*

(small group program)

*Counselling*

(face-to-face or online video)

A SERVICE OF  
**Saint Catherine's Wellbeing Centre**

FOR ADULTS & CHILDREN

# *Bereavement is one of life's great challenges*

Bereavement often brings emotional pain, significant change, and many practical challenges. Most people find it difficult initially, but then 'find their feet' and manage to carry on and adapt. Some find it an overwhelming struggle and despite their best efforts, don't experience their grief healing or life moving in a positive direction.

For people who run into difficulties, we are here to help, to find a path to healing, and to develop the resilience to cope.

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## *How we can help*

After an initial session to assess and advise on the kind of support that might be most helpful to you, we may suggest one of the following options:

- **Our Living Through Loss small group program consisting of six sessions (once each week).**
- **Individual Counselling face-to-face or using online video.**

Of course, it may turn out that all you need is the initial session to have someone reassure you that your experience and your way of coping is normal and headed in the right direction. We are here to help you decide on the best course of action.

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With children we generally invite a parent or parents to attend a session to assess whether a child can benefit from counselling.

Often, we find that we can equip parents with knowledge sufficient to support their children through their grief.

However, if a child needs counselling, we can tailor sessions to suit their age and particular needs.

## *Where are sessions offered?*

Sessions are offered at our comfortable and welcoming **Saint Catherine's Wellbeing Centre, Throxenby Lane, Scarborough YO12 5RE.**

Onsite parking is available free of charge.

For session fees or to make a **first assessment appointment** contact us:

**Tel: 01723 351421**

or call into the Wellbeing Centre and speak to one of our staff.

## *Session Fees*

Every effort has gone into ensuring the session fees are affordable for the majority of people.

Counselling sessions can also be spaced out fortnightly to spread the overall cost.