



Bereavement Support Group for Partners

The Myton Hospices' Bereavement Support Groups for Partners are designed for people who have experienced the death of a partner or spouse.

Held at our hospices in Coventry and Warwick, these groups offer a safe, supportive space where you can connect with others who understand your experience, while gently exploring ways to navigate life after loss.

Each group is free to attend and runs for eight weeks. During this time, our experienced counsellors will provide guidance and resources to help you better understand your grief and find ways to live with it.

To attend a group, you will need to have had one-to-one counselling with a member of our team.



If you would like to learn more or discuss joining a group, please contact our Counselling Team on 01926 838820.

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Trevor and Liz shared their experience of attending the group.

Trevor said:

"Our Bereavement Group started in the Autumn of 2023. The course lasted 8 weeks and at times was quite intense, and led to tears. But it was so refreshing being able to talk about our

experiences and feelings with people who truly understood - because of course they had all been through the same thing.

"At the end of the course we all agreed that it had been very beneficial - not least because the professionals running the course were really good. The great news is that the group still meets up for meals or other social events - a testament to the value and impact of the course."

Liz said:

"I found the team to be empathetic, patient, understanding and very approachable. From the very beginning, I felt listened to, both by the team and by my fellow group members, and I was able to share my feelings openly without being judged.

"The atmosphere was non-threatening and non-judgemental, allowing us to be open and honest about our feelings and emotions. Through our shared experiences, we supported one another and learned from each other along the way. We were not afraid to shed a tear or two and even managed a smile.

"I was helped to understand the grieving process and relate to it, and it certainly helped me, even after the course had finished. Friendships were formed and have continued.

"I would recommend others in the same situation to consider joining such a group – it was a valuable source of shared comfort and understanding."



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