

A Brighter Future

90 minute workshops to help your life after loss

Loss is the
feeling of
grief after
losing
someone
or
something
of value



West Kent Mind are offering a FREE 90 minute workshop for people who want to help deal with loss in Tonbridge, Sevenoaks & Tunbridge Wells.

This may include the loss of a loved one, the loss of employment, a home, your mobility or a pet.

To find out more or to book your place please visit:

www.westkentmind.org.uk/loss or call 01732 744950