

Samaritans and Cruse Bereavement Care
are offering free group support to help you
understand your grief and cope with your loss.

Have you lost someone close to you to suicide?

THE SUPPORT GROUPS ARE:

- FREE
- RUN BY SAMARITANS & CRUSE BEREAVEMENT CARE FACILITATORS
- HELD OVER A SIX WEEK PERIOD, LASTING 90 MINUTES PER SESSION
- MADE UP OF A MAXIMUM OF EIGHT PEOPLE WITH TWO FACILITATORS
- AVAILABLE TO ANYONE OVER 18
- GROUPS AVAILABLE IN CARMARTHEN, SWANSEA, CARDIFF & THE VALLEYS

For more information and to register, please visit
facingthefuturegroups.org call 0208 939 9560
or email info@facingthefuturegroups.org

Facing the  future
support for people bereaved by suicide



Mae'r Samariaid a Cruse Bereavement Care
yn cynnig cymorth grŵp am ddim i'ch helpu
i ddeall eich galar ac i ymdopi â'ch colled.

Ydych chi wedi colli rhywun agos atoch trwy hunanladdiad?

MAE'R GRWPIAU CYMORTH:

- AM DDIM
- YN CAEL EU RHEDEG GAN HWYLUSWYR O'R SAMARIAID
A CRUSE BEREAVEMENT CARE
- YN CAEL EU CYNNAL DROS GYFNOD O CHWE WYTHNOS,
GAN BARA 90 MUNUD BOB SESIWN
- YN CYNNWYS WYTH O BOBL AR Y MWYAF GYDA DAU HWYLUSYDD
- AR GAEL I UNRHYW UN HŶN NA 18 OED
- GRWPIAU AR GAEL YNG NGHAERFYRDDIN,
ABERTAWE, CAERDYDD A'R CYMOEDD

I gael mwy o wybodaeth ac i gofrestru, ewch i
facingthefuturegroups.org ffoniwch 0208 939 9560
neu e-bostiwch info@facingthefuturegroups.org

Wynebu'r



cymorth i bobl sy'n galaru oherwydd hunanladdiad

