

WELCOME TO MINDSET VITALITY



HOW WE CAN SUPPORT YOU WITH GRIEF

Join our Bereavement
Friendship group



Meet others who know what
you're going through



Talk about grief openly



Form new friendships
Unpick your tangled ball of grief



Support for people who
are struggling with grief



Visit our website to understand grief and access free resources



End feelings of isolation and pick up tips to improve your well-being by joining our peer support groups in the community or online.

BACKGROUND

Mindset Vitality is a registered charity supporting people on their journey through grief.

We provide direct services to residents of South Wales.

OUR PHILOSOPHY

Friendship groups offer fast access to grief support, harness the healing power of social connection, and end the isolation of grief.

HOW CAN WE HELP

We have Bereavement Friendship groups in local communities and an online group. Both are free.

Our therapeutic 6-week online group programme is available for people with complex or traumatic grief.

GET IN TOUCH

WEBSITE:

www.mindsetvitality.org.uk



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SOCIAL MEDIA:

 @mindsetvitality

 mindsetvitalitygriefrelief

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