**Bereavement support group for carers**

There is now a bereavement support group for carers that have lost the person for whom they cared for (within the past 3 years only). This is on the last Thursday of each month at Asda (Community Room), St Albans Road, Watford WD24 7RT from 10.30am - 12.30pm.

There are six sessions run by an experienced team of volunteers/Carers in Herts. The sessions will include:

* share their experiences with other people in a similar situation
* help them to find their own way to cope and move forward
* Get the information they need about other support and services which are available to them.