



Sandville  
Self Help Foundation

# Bereavement Support

Living with loss after someone you love has died  
Come and join our support group

## Where?

The Sandville Self Help Foundation

## When?

2nd Wednesday of Every Month  
6:00pm - 7:30pm No appointment needed!

## The team at the Sandville Self Help Foundation aim to:

- Provide people with an opportunity to meet and give mutual support around death, dying and loss in a safe environment.
- Give people an opportunity to talk openly about their grief and take comfort in knowing others are listening and have been through experiences that may be similar.
- Share practical information and signpost to other support services.
- Help to make bereavement less of a taboo by providing a space in which grief is shared and everyone is treated with respect and in confidence.
- Enable people to build new friendships and support each other.



harrisprinters.co.uk

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@SandvilleSelfHelpFoundation



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## Cymorth Profedigaeth

Byw gyda cholled yn dilyn marwolaeth rhywun rydych yn ei garu  
Ymunwch â'n grŵp cymorth

**Ble?** 

Sefydliad Hunangymorth Sandville

**Pryd?** 

Yr 2il Ddydd Mercher o Bob Mis  
6:00pm - 7:30pm Nid oes angen apwyntiad arnoch!

**Mae'r fîm ar Sefydliad Hunangymorth Sandville yn anelu at:**

- Rhoi'r cyfle i bobl gyfarfod a rhoi cymorth cydfuddiannol i'w gilydd ynghylch marwolaeth, marw a cholled mewn amgylchedd diogel.
- Rhoi'r cyfle i bobl siarad yn agored am eu galar a chael eu cysuro gan y ffaith bod eraill yn gwrandao ac wedi bod drwy brofiadau a all fod yn debyg.
- Rhannu gwybodaeth ymarferol a chyfeirio'r bobl i wasanaethau cymorth eraill.
- Agor y sgwrs am brofedigaeth drwy ddarparu gofod lle caiff galar ei rannu gydag ymddiriedaeth, a chaiff pawb eu trin â pharch.
- Galluogi pobl i feithrin cyfeillgarwch newydd ac i gefnogi ei gilydd.

