

Milford Care Centre  
Social Work Department



**Monthly Drop-In  
Bereavement  
Group**



**Bereavement Support Service**

# Monthly Drop-In Bereavement Group

The Monthly Drop-In Group is for those who have already who have already completed one of Milford Care Centre group programmes. (Partners, Parents or Adults Grieving the Death of a Parent).

It gives follow up support to bereaved adults by providing a place to meet.

The group offers bereaved people an opportunity to gain support from each other as they cope with and come to terms with the death of someone close.

It provides the space for individuals to explore how they can use their own strengths and resources in adjusting to and living with loss.

The Drop-In Group is facilitated by trained volunteers and each month has a specific theme for participants to explore.

The group takes place on the third Wednesday of each month from September to June.

**Where?** Day Care Centre,  
Milford Care Centre, Limerick.

If you would like further information about the Monthly Drop-In Group please contact the Social Work Department during office hours on 061 485800

