

● General Information

The meetings will usually be held on Thursdays. If you phone the office for information, dates will be given at that time.

The times of the sessions are
1.30pm–3.30pm

The group is held at :
John Lewis Meeting Room
Station Road
Solihull
(Next to St Augustine's Church)

There is a disability access.

The location is served by public transport.

If you are unable to attend at any time please phone the office.



● About SBSCS

SBSCS is a charity and was founded in 1987.

SBSCS abides by the British Association for Counselling and Psychotherapy BACP Ethical Framework.

SBSCS is a confidential service and whatever you share in the group will remain confidential.

● SBSCS Funding

SBSCS is partly funded by Solihull Social Services and Solihull Care Trust. Other funding comes from fundraising and donations.

● More Information

Office Hours
Monday to Friday
9.30am – 4.30pm

Out of hours:
Confidential 24-hours answer machine to take messages.

Ullswater House, Solihull Hospital
Lode Lane, Solihull, B91 2JL
Tel 0121 424 5103
Fax 0121 424 5108
Website: www.solihullbereavement.org

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SUPPORT GROUP

0121 424 5103

● Introduction

SBCS offers support group sessions for adults who have suffered a bereavement. The group provides an opportunity to meet others who have been through a similar experience.

The aims of the group are:

To provide an opportunity for bereaved people to share their experience of bereavement in a safe and confidential setting.

To enable people to express and work through feelings, by listening to and sharing with others who have had a similar experience.

To try and reduce the sense of isolation felt by many bereaved people.

To promote self-esteem, confidence and to encourage independence and re-socialisation, thereby enabling bereaved people to move on with their lives.

● About The Support Group

SBCS offers one 2 one counselling but our experience has been that some people find it easier to talk in a group setting.

You may value the support of others who have been through a similar experience.

Being part of the group involves sharing your experiences and talking about feelings which may be painful.

Any information discussed in the group is confidential.

The support group will run for 6 weeks.

Tea, coffee & biscuits will be available during the session, allowing group members to interact with others.

● How Can I Join The Group

An assessment needs to take place prior to joining the group. The assessment will be held at SBCS office.

If you have attended one to one counselling and would like to progress to the support group, then your details will be passed to one of the facilitators who will contact you.

We need to know how long ago your bereavement occurred and how you have coped.

We will ask you a number of questions about your bereavement, and how you are feeling.

This is important as the group is not right for every one. If you would like to join the group, then please contact the SBCS office and a member of staff will be happy to give you further information.

