



R.O.A.R.

Relax-Open-Accept-Receive

A Peer Support Group for Young People bereaved by suicide (age 14yrs. +)

Our group involves exploring emotions linked to being bereaved by suicide, sometimes we have found using a creative exercise can deepen the experience in the group.

Death & Grief 🌀 Feelings & Self-esteem 🌀 Expressions of Grief
Memories 🌀 Funerals & saying Goodbye 🌀 Coping with Grief


for better mental health
in Taunton and
West Somerset

Sussex Lodge, 44 Station Road, Taunton, TA1 1NS

**New Monthly
Group Launching
2nd June**

12-2PM

**Please contact us
before joining**

**Experienced young
people's
bereavement
support workers.**

**Location:
MindTWS Office**

**Somerset Suicide
Bereavement Support
Service**

bereaved@mindtws.org.uk
www.suicidebereavement.wixsite.
com/somerset

01823 334906 or 0300 330 5463

Starts 2nd June / 12-2pm