

Grief Tending in Community

a unique one-day workshop led by Sophy Banks

Grief is like the ocean. Sometimes the water is calm, sometimes it's overwhelming. All we can do is learn to swim ~ Vicky Harrison

**Saturday 9th March 2019 10am - 6pm
at Clophill Centre near Bedford MK45 4BT**

Cost: sliding scale £90 - £75 - £60

Please bring food to share for lunch

For more information or to book please contact claire.carter@gmail.com

A deposit of £30 and a completed booking form will secure your place

<https://griegtendingincommunity.wordpress.com/>