

Monday

11am to 1pm

May 23rd

Understanding Loss & Grief as we Age

This is a free event for people in older age who have been bereaved through any circumstance – through illness or sudden death; and may have lost a partner, parent, child, friend, sibling, work colleague or relative.

Where?

Naas Library (Gallery Space)

Guest Speaker

George Brogan Co-Founder of
Turas Le Cheile Bereavement Support Service

The talk will include:

- The different ways we can experience grief, particularly in older age;
- How grief can affect us;
- What can help in coping with grief;
- Ways we can support someone else who has been bereaved.

There will be representatives from a range of bereavement supports available in the local area at the event. Attendees can take away some information leaflets about the services and, if they wish, can talk with service representatives about the supports they provide.

Refreshments will be available throughout the morning.

This is a FREE event but **BOOKING** is required. Bookings can be made via this weblink - <https://www.tickettailor.com/events/naaslibrary/689082> – or alternatively, through Naas Library at 045 879 111

The Kildare Bereavement Network are a network of bereavement organisations who operate within the Kildare region.

Supported by

