

Seeds of Hope

Are you struggling with grief?

Seeds of hope offers the opportunity to meet other people in a similar situation, in a safe and comfortable place.

Come and meet other people who're also trying to find a way through loss and grief – it can help to talk to those who've had a similar experience.

Private conversation also possible.



Open on the first Wednesday of every month from 2-3.30pm at St Michael the Archangel, Alcombe.

Free to attend and refreshments provided.