



**The Rainbow  
Foundation**

New group  
starting  
**JANUARY**

Wellbeing Hub  
Wrexham, LL13 8BG

# **BEREAVEMENT SUPPORT GROUP**

**A safe place to talk and  
support one another**

Our Bereavement Support Groups provide a **safe space** for anyone experiencing **bereavement** where you can meet with peers that **understand how you are feeling**. You are free to talk as little or as much as you like in these **supported sessions**.

**Contact us** to book or to chat  
to our **Social Prescribing Team**

**01948 830730**

[spt@therainbowfoundation.org.uk](mailto:spt@therainbowfoundation.org.uk)

With **three groups** to choose from at a  
choice of **two different locations**, we  
hope that there is an option to **suit you**:



## **Wellbeing Hub - Wrexham**

- 2nd Wednesday of the month • 10:30am - 12:30pm



## **Piercy Hall - Marchwiel**

- 3rd Wednesday of the month • 10am - 12pm
- 4th Wednesday of the month • 11am - 1pm

**TOGETHER WE CAN SUPPORT EACH OTHER**

**CONTACT US**