Bereavement Support Groups:

Queer Grief - LGBTQIA+ Peer Support Group

1st and 3rd Thursday of each month 3.30-5pm
A safe, welcoming space for LGBTQIA+ people to share experiences of grief and loss.
You **don't need an assessment** to join this group.

GRoWS (Grief Recovery With Support)

Every 2nd: Wednesday 5.30pm - 7.30pm,
Friday 1.30pm - 3.30pm
and Saturday 10am - 12pm of each month
A safe, welcoming social space to share, connect, and find support with others who understand experiences of grief.

Rye GRoWS group

Every 2nd and 4th Thursday of each month 11.30am - 1pm at The Hub on Rye Hill, TN31 7SQ
You **don't need to have an assessment** to join these groups.

Walk and Talk

Every Friday 10.15am
A gentle walk in the beautiful surroundings of Alexandra Park. Meet with others who understand, share experiences and find comfort in gentle conversation.
An **assessment is needed** to join the group.

Support After Suicide

1st Saturday of each month 10am - 12pm

A monthly group for those who have experienced the loss of someone to suicide.
An **assessment is needed** to join the group.

Write Out Loud

Every Thursday 10.30 - 12pm

A warm and welcoming space to explore thoughts and feelings around loss through writing, conversation, and creative expression. No writing experience is needed.
An **assessment is needed** to join the group.

Rye Harbour Nature Reserve

Thursdays, 1.30pm - 3pm, throughout the year, with dates varying by month.

Guided walks through the beautiful nature reserve while learning about local wildlife and habitats. Connect with others who have experienced bereavement.
An **assessment is needed** to join this group.

R.I.S.E. Bereavement Therapy Groups

(Resilience with Inspiration, Support and Empathy)

Bereavement Therapy Groups over six – eight consecutive weeks, facilitated by qualified counsellors and trained bereavement supporters. They offer understanding, guidance, and emotional support.
An **assessment is needed** to join this group.