



*Have you been bereaved
by suicide?*

**Join our monthly support group
for those who have lost a loved one by suicide.**



Palgrave Community Centre

10 Upper Rose Ln, Palgrave, Diss IP22 1AP

Date: 4th Wednesday of each month

Time: 7.15pm to 8.45pm

To join and find out more details....

Email: susan@susanwhymark.co.uk

Call: 01379 871168



Meeting Dates 2024

(Every 4th Wednesday of the month unless as stated below)

24th January

28th February

27th March

24th April

22nd May

26th June

24th July

28th August

25th September

23rd October

27th November

18th December (one week earlier)

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