



Local Bereavement Support for Children, Adults and Young People

Are you recently bereaved & would like the opportunity to know....

That you are not alone in your thoughts & feelings?

That you are coping & the things you are feeling are normal?

Often it can help to meet others in a similar situation by sharing experiences in a safe, relaxed environment

The CAYP team are here to listen & support you providing...

The opportunity for people to talk openly about their thoughts, feelings and behaviour

Separate groups for Adults, Children and Young People to encourage people to talk with others in similar situations and share their experiences of how loss is impacting on their life

A flexible approach, to support individual needs, on their own unique journey

CAYP groups are held in Preston and Chorley the 1st Thursday or the month 6pm-7.30pm

Bereavement Support
For further Information

Call: 01772 528400

Text: 07525 196970

Email: CAYP@lthtr.nhs.uk