SUPPORT FOR BEREAVED MEN

Gatherings around activities and food for men who have lost someone important.

www.ataloss.org

Bereavement Support for Men
From AtaLoss.org
"Male companionship, with an opportunity to share, has been invaluable." Miles Blackley

Has someone died? Death is very isolating and we live in a culture where it is a subject that is largely avoided. Men, in particular, can find it hard to talk about what they’re going through and often plough on bravely.

Bereavement Support for Men is for men of any age who have lost someone important at any time. We offer support over the phone and in gatherings where men who have experienced bereavement can learn more about the grief journey and encourage one another around good food and enjoyable activities, such as mountain biking, walking, canoe trips, camping and bush craft, or getting involved in a project.

WHY NOT JOIN OTHERS LIKE MILES AND GIVE BEREAVEMENT SUPPORT FOR MEN A TRY?

Visit www.ataloss.org/support-for-men or email Roger Womack: roger@ataloss.org