SUPPORT FOR BEREAVED YOUNG ADULTS

Activity weekends and peer support for 18-30 year olds who have lost someone special.

www.ataloss.org
“The weekend has been the most helpful thing I have done.” Cat Farmilo

Has someone died? Death can be very difficult to deal with for young adults. They can often be overlooked and be away from home, struggling to establish their careers amongst friends who don’t understand.

GrabLife offers 18-30 year olds who have lost someone special at any time in their life, the chance to connect with others in their position, explore the impact of their bereavement and receive encouragement and support.

Our online community provides a network of peer support and our weekends a variety of outdoor activities. It's an opportunity to learn about the effects of grief, make friends, have fun and be inspired.

WHY NOT JOIN OTHERS LIKE CAT AND GIVE GRABLIFE A TRY?

Visit www.ataloss.org/grab-life or email grablife@ataloss.org