

# ACTIVE COMMUNITIES

## Talking About Loss – Bereavement Walk & Talk Goole Library



A relaxing and supportive walk for all who are grieving the loss of a loved one

Every 3<sup>rd</sup> Monday of the month at 6:30pm

Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul
21 <sup>st</sup>	18 <sup>th</sup>	16 <sup>th</sup>	20 <sup>th</sup>	17 <sup>th</sup>	17 <sup>th</sup>	21 <sup>st</sup>	19 <sup>th</sup>	16 <sup>th</sup>	21 <sup>st</sup>

For more information contact Jez Hartley on [Jez.hartley@eastriding.gov.uk](mailto:Jez.hartley@eastriding.gov.uk) Tel: 07815 015 266 or 01482 395320

In Partnership with



Charity number: 1189222