

Grief Café 2024

Need a safe space to talk about grief
and death without being judged?



Join us at the Grief Café

Dates for the first half of 2024:

29 Jan, 26 Feb, 25 Mar, 29 Apr, 27 May (Monday)

Day : Monday

Time: 3.30pm – 5.00pm

Venue: Assisi Hospice

832 Thomson Road

Singapore 574627

Registration: scan this QR code

Or

WhatsApp us at **9787 9890**



What to take note of:

- Grief Café holds space for people to chat, express, listen to and explore grief, grieving process and death in a gentle, non-threatening way.
- It is NOT a support group or counselling session.
- It is NOT aimed at arriving at a solution or conclusion to issues raised.
- Participants are encouraged to come with an open mind and respect differences.
- All sharing is confidential and voluntary.
- Strictly NO photography and video recording during the session.

悲伤咖啡馆 2024

需要一个安全的空间? 不被批判地
聊聊您的悲伤甚至对死亡的观点?

邀请您加入我们的悲伤咖啡馆



2024年开馆日期:

- 24/1 (星期三) 每逢佳节, 最难
- 21/2 (星期三) 悲伤需要多少时间?
- 20/3 (星期三) 如果这不是真的, 多好
- 24/4 (星期三) 有没有“早知道”?
- 15/5 (星期三) 寂寞感

时间: 下午3点半 至 5点

地点: 雅西西慈怀病院
832 Thomson Road
Singapore 574627

扫码报名参与



或 WhatsApp 我们 9787 9890

温馨提示:

- 悲伤咖啡馆提供安全空间, 让人们以温和并不带攻击性的态度谈话, 抒发, 聆听和探讨悲伤历程和死亡课题
- 这不是互助小组或辅导面谈
- 在此我们不抱着解决问题或想对所讨论的课题做出结论的态度
- 面对成员间的差异时, 我们鼓励参与者抱着开放和尊重的态度
- 分享基于自愿。一切内容隐私将对外保密,
- 活动进行时, 参与者不允许擅自拍照或录影