

## Grief Café 2024

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



Join us at the Grief Café

Dates for 2024:

29 Jan, 26 Feb, 25 Mar, 29 Apr, 27 May, 24 Jun, 29 Jul, 26 Aug, 30 Sep, 28 Oct, 9 Dec

Day : Monday

Time: 3.30pm – 5.00pm

Venue: Assisi Hospice

832 Thomson Rd, 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, 21/2, 20/3, 24/4, 15/5, 19/6, 24/7, 21/8, 18/9,  
23/10, 18/12 (全在星期三)

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谈, 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