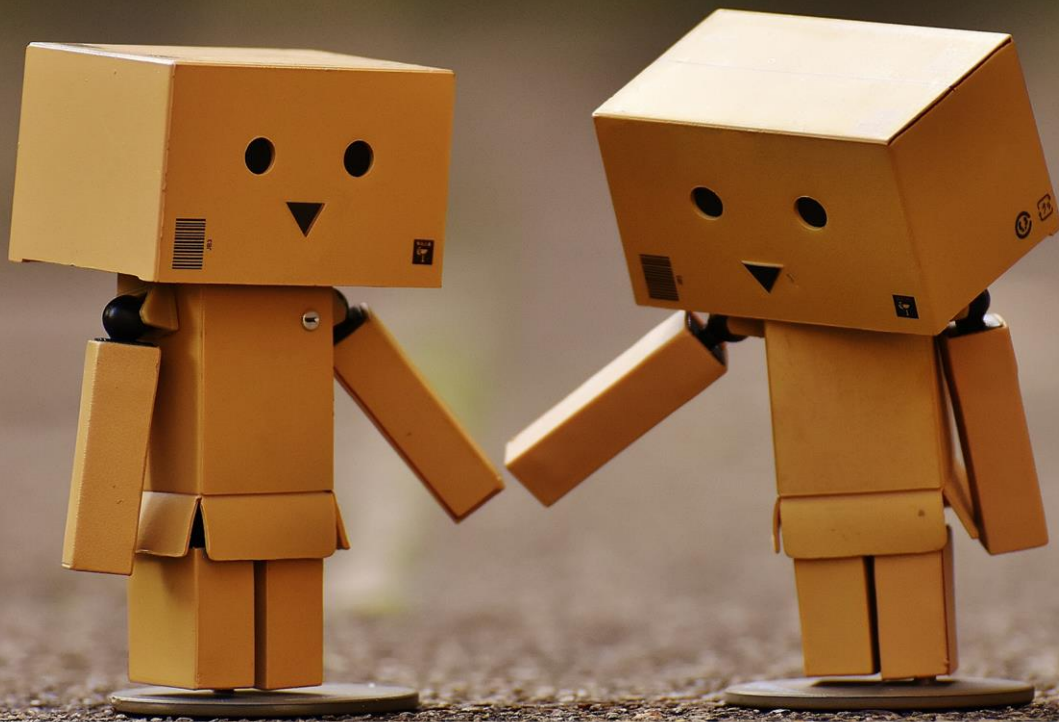


New Steps

Bereavement Friendship Group

Wednesdays 12.30pm – 2.30pm

In Rayleigh. Contact RRAVS on 01268 772796 for details



If loss and grief trip you up along life's path, you don't need to pick yourself up and carry on alone. Friendship, support and understanding are just one New Step away..

Meet and socialise with others who share and understand the experience of loss. It takes just **one new step** to have a friendly chat over a cuppa - our volunteers will introduce you to everyone

Just come along - a warm welcome awaits

For more information please call 01268 772796
or email ravs@ravs.org.uk