



# Bedfordshire Suicide Bereavement Service (BSBS)

If you live in **LUTON** or **BEDFORDSHIRE** and have been bereaved by Suicide this may help you.

## Monthly Support Groups For Adults.

- Supports adults who have been bereaved by suicide
- The bereavement can be recent or some time ago
- Relationship can be family, friend or someone close to you
- Free of charge
- Refreshments provided
- Adults only (18 +), no children please.

## Venue - Centre of Luton

When - Every 3rd Wednesday of the Month. 1st meeting Wednesday 16th January 2019. Time - 7pm to 9pm.

## Venue - Centre of Bedford

When - Every 4th Wednesday of the Month. 1st Meeting Wednesday 27th February 2019. Time - 7pm to 9pm.

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For more information please contact Caroline Holley: [bsbs@chums.uk.com](mailto:bsbs@chums.uk.com)  
Telephone chums office on **01525 863925** between 9am and 5pm.