

Sunshine and Shade hosts several friendship and support groups in and around Chesterfield, and while their current support groups are at capacity, they understand the critical need for resources, especially when dealing with grief.

To address this, Sunshine and Shade is hosting a workshop designed to help individuals understand and navigate the complexities of grief. The workshop will delve into:

**Understanding Grief:** Participants will gain a deeper understanding of the grieving process, recognising that grief is a natural and individual experience.

**Impact on Wellbeing:** The workshop will explore the far-reaching effects of grief on both physical and mental health, helping attendees recognise potential symptoms and challenges.

**Self-Help Strategies:** Crucially, the workshop will equip attendees with practical and invaluable self-help strategies to manage grief, promote healing, and improve overall wellbeing.

This workshop provides a valuable opportunity for anyone struggling with loss or supporting someone who is. It offers a safe space to learn, reflect, and gain practical tools for coping.

Sunshine and Shade encourages anyone interested in attending, you are welcome. If you have any questions or would like further information, please don't hesitate to email Rachel Snowball at [hello@sunshineandshade.org.uk](mailto:hello@sunshineandshade.org.uk)

This workshop, is a testament, to Sunshine and Shade's commitment to supporting the community beyond their regular groups and providing much-needed resources and are grateful to Hattersley's Funeral Director for providing a safe space to do this.

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