



GRACE'S PLACE

A safe space for support and connection.

Join us every month for a cup of tea/coffee in a welcoming environment where you can share, listen or simply be present with others who understand.

This is for anyone experiencing grief whether recent or long standing. There's no pressure to talk-just a space to be together.

When: The 1st Thursday of every month

Time: 11:00-13:00

**Where: Wellbeing Information Centre, Abergavenny,
NP7 5NE**

For more information contact:

Email: abb.grace@wales.nhs.uk

Telephone:01633 493863

