



END OF THE ROAD CAFE

A Space for Grief

The Long Barn, Roselidden Farm, Trevenen Bal, Helston TR13 0PT

Wednesdays 12 March, 2 April, 7 May, 4 June, 2 July

10.30am till noon

Let us come together to talk openly about loss, as it manifests in all aspects of living and dying.

Our meeting will start with simple exercises to connect with our breath and heart, before enjoying a warming drink and conversation together.

In the safe and confidential space offered at Roselidden we can connect with the process of grieving and all that it means.

For more information and to book a place please contact

jos@roselidden.co.uk

01326 558748

[f](#) end of the road cafe

 **ROSELIDDEN**
community contemplation creativity