



# Living with my Loss

A safe space for young people (ages 10 to 20) who have experienced any traumatic bereavement.

- Understand how grief and loss makes us feel
- Learn how to manage difficult feelings
- Learn about triggers and stress
- Develop resilience and ways to cope



Tuesdays, 6pm – 7:30pm  
from 8th Aug - 12th Sept (6 sessions)



St George's Centre,  
60 Great George Street,  
Leeds, LS1 3DL.



For anyone living in Leeds.

**Contact us to book your place.**



Suicide  
Bereavement  
Services 

[leedsmind.org.uk/living-with-my-loss](https://leedsmind.org.uk/living-with-my-loss)

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