

Grief Café

**This grief cafe is in collaboration of Westmorland
Libraries and Adult Learning**



Recovery College is a registered charity

**We provide a safe space for people to come together to chat.
We can support you through the difficult times.
Everyone is welcome to come and go as they please.**

**The group meets at:
Penrith Library, St Andrews Centre,
Churchyard,
Penrith CA11 7YA**

**From 1pm to 3pm on the following
dates:**

Wednesday 24th September 2025

Wednesday 29th October 2025

Wednesday 26th November 2025

Wednesday 17th December 2025

Contact us for more information



hello@ncrecoverycollege.org



0808 1961773

