

Living Well Support Groups

We hold a number of peer support sessions out in the local community for those living with bereavement...

Walk and Talk Group:

- **Chances Park, Carlisle** – 1st Tuesday of every month at 11am.
- **Hammonds Pond, Carlisle** – 3rd Tuesday of every month meeting at the car park off Blackwell Road at 11am.
- **Castle Park, Penrith** – 3rd Thursday of every month from 2pm.



Comfort Café:

- **Brampton Community Centre** - 4th Thursday of every month from 10am to 12pm
- **Wigton Communita Hub** - 2nd Thursday of every month from 10am to 12pm.

No booking necessary, these groups are open to anyone who may benefit.



Charity Number: 1008796



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