

# North Ayrshire Healing Hearts Bereavement Support Group

Healing Hearts is a peer-support bereavement group for community members who have experienced the death of someone they love.

This group offers you the opportunity to come and meet others with shared experiences, talking and listening, sharing as much or as little as you like about your personal losses and holding space to help others as they share too.

All community members welcome, this is an inclusive space to discuss all types of loss and bereavement.

**Visit one of our groups...**

**Every Thursday 4-6pm at Trindlemoss Day Opportunities  
46 Tarryholme Dr Irvine KA12 0DR**

**Every Friday 10.30-12 Kilwinning Library  
St Winnings Lane Kilwinning KA13 6EP**

**Every Monday 11-12 at Irvine Library  
168 High St Irvine KA12 8AN**

Please don't hesitate to get in touch with any questions before visiting us.  
You can contact us via email at [healing-hearts123@hotmail.com](mailto:healing-hearts123@hotmail.com)  
or call 07462 866154



*Healing Heart's* **North Ayrshire**  
BEREAVEMENT SUPPORT GROUP