



Living Well North Tyneside

Supporting Health and Wellbeing

allow a unique opportunity for a therapeutic experience where children can express themselves creatively, and build friendships based upon deep empathy and understanding from peers who have also experienced a loss.

Get in touch for more information or to make a referral.

Sessions run bi-weekly Wednesdays 4:30-6pm at Blyth Community Enterprise Centre.

The next planned dates are as follows;

1st March 2023 -- 15th March 2023 -- 29th March 2023 -- 12th April 2023 -- 26th April 2023 --

10th May 2023 -- 24th May 2023 -- 7th June 2023 --



[mental health](#) | [wellbeing](#) | [support service](#) | [therapy](#) | [bereavement support](#) | [children bereavement support](#)



01670542867



holdingheartinfo@gmail.com



Blyth Community Enterprise Centre
Ridley Street

Blyth
England
NE24 3AG



<https://www.holdingheartsne.co.uk/grief-youth-group>



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