

StHelena

Compassionate
Communities

Compassionate Conversations

Free Awareness Training

Compassionate Conversations awareness training will give you the skills and confidence to enable open, honest and sensitive conversations around end of life and bereavement.

If you want to know how to talk to and comfort someone living with an incurable illness or grieving the death of a loved one, this session is for you.

This free to attend training is suitable for anyone aged 18+ and is held online and in person at various locations in Colchester and Tendring throughout 2023 - please see reverse for details.

Book now at www.sthelenas.org.uk/compassion

Email compassionatecommunities@sthelenas.org.uk

or call 01206 848 163 for more information

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Compassionate Conversations dates and locations:

**Wednesday 14th June,
7pm - 9pm**

At St Helena Hospice,
Barncroft Close,
Colchester,
CO4 9JU

**Thursday 14th September,
10am - 12pm**

At OneColchester
Community Hub, 4-6 Long
Wyre St, Colchester, CO1 1LH

**Tuesday 7th November
2023, 10am - 12pm**

At Clacton Town Hall, Station
Road, Clacton, CO15 1SE

**Tuesday 4th July,
7pm - 9pm**

At Ramsey Step Down &
Care Centre, Michaelstowe
Drive, Ramsey, Harwich,
CO12 5EP

**Thursday 5th October,
10am - 12pm**

This is an online session

**Tuesday 5th December,
10am - 12pm**

This is an online session

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