



# GRIEF CAFE REPORT

APRIL 2023 - MARCH 2024



**50**

Grief Cafe  
Sessions Delivered

**75**

People Attended  
in Total

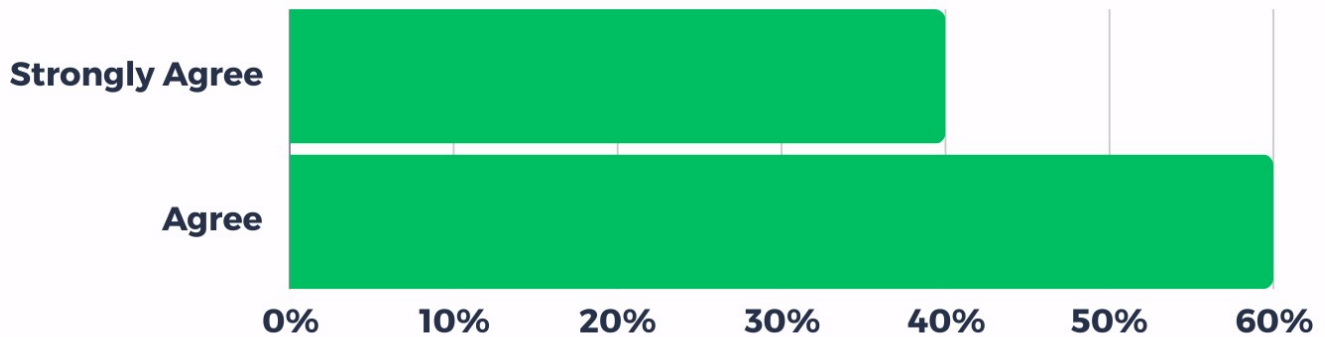
**8**

People attend  
weekly on average

**100%**

Would recommend the Grief Cafe to  
others!

**The Grief Cafe has helped me on my grief journey.**



*“I came to the Grief Cafe because the name sounded gentle and I needed that as part of my healing. I was right! The people are wonderful, the comfort is terrific in the room. Our hostess is perfect and a calming and caring person. It just all works.”*

## What did you find the most helpful about the Grief Cafe?

- **“The relaxed setting, being able to have a coffee and being with people who have been through a similar situation.”**
- **“Spending time with likeminded people who understand all of your mixed emotions.”**
- **“Sharing without judgement. Kind, calm, gentle people who are lost and need to share to move forward without their lost loved one.”**
- **“Knowing I can lean on others for support through my grief journey.”**



Cynthia Flewwelling  
Grief Cafe Hostess



“Last week's Grief Cafe was like a heartfelt reunion.

We were greeted by so many familiar faces we hadn't seen in a while, and it felt incredibly welcoming. Despite the time that had passed, our connections from months and weeks ago remained intact.

The conversations delved into the depths of our emotions. We shared cherished memories, reflected on the ever-present grief in our lives, and even discussed our favorite songs. It was a profoundly healing experience, providing solace and understanding to all who participated.”