

## The Loss Foundation

The Loss Foundation is a charity dedicated solely to providing bereavement support following the death of a loved one to cancer, whether that be your spouse, family member, friend or colleague. They provide a variety of support events to help you at any point following your loss, and can provide the opportunities for you to meet others who have experienced something similar. They also educate and empower others to support those who are grieving via workshops and training.

They also provide online support groups, a dedicated space where you can freely share your stories and experiences with individuals who have encountered a similar type of loss. Facilitated by trained professionals, the groups operate in a warm and accessible manner, ensuring a comfortable environment for all participants. Navigating grief is an unpredictable journey, and their aim is to provide you with a non-judgmental space for support and connection.

Some of the support they offer includes:

- Support groups
- Walk & talks
- Therapy groups
- A grief 'buddy' service
- Grief workshops
- Retreats

Last updated: September 6, 2024

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**Telephone:** 0300 200 4112

**Website:** <https://thelossfoundation.org/>

**Email:** [hello@thlossfoundation.org](mailto:hello@thlossfoundation.org)

**Twitter:** <https://twitter.com/LossFoundation>

**Facebook:** <https://www.facebook.com/thelossfoundation/>

**Youtube:** <https://www.youtube.com/@thelossfoundationuk5181>

**Cost:** There may be a cost to this service/support

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