

Join our bereavement support sessions

Coffee Hubs

An informal drop in service, offering the opportunity to meet other bereaved ECHO parents and family members.

Whether you are coming on your own, as a couple or a family, you'll be able to meet others who understand the heartache you are going through. Many have found that similar events can make a huge difference in helping them cope both now and as they think about the future.

Coffee hubs are informal and relaxed and you don't need to register prior to attending if you don't want to.

Upcoming coffee hubs:

- [2nd December 2017](#)
- [1st December 2018](#)

1-day bereavement workshops for parents

Our 1-day bereavement workshops provide an opportunity to reflect on thoughts and associated feelings whilst exploring specific areas of bereavement and loss – they are open to members affected by the loss of a baby, child or teenager with a heart condition.

Upcoming bereavement workshop for parents/carers:

- [10th February 2018](#)

1-day bereavement workshops for siblings

The focus is a relaxed environment offering creative workshops and group discussions for young people aged 11 – 17, providing a safe space to meet and share with others who are living with the loss of their brother or sister. These sessions provide coping strategies and skills to strengthen and build resilience for the future.

Upcoming bereavement workshop for siblings:

- [8th September 2018](#)

All of the above sessions are led by a qualified and experienced bereavement counsellor with the support of the ECHO team.

- For the workshops – parents/carers can refer themselves or their children, or be referred by other professionals

- For coffee hubs - these are informal, open drop-in sessions and therefore you don't have to register in advance
- All events are fully funded by ECHO and include refreshments
- We recommend that bereaved parents and carers wait six months before attending a workshop
- If you're already having counselling, please discuss this type of additional help with your support team before attending
- To apply for a workshop please contact us by email or phone, or [complete the booking form](#)
- All workshops take place at our office in London. [Details of how to find us here.](#)

Feeling alone was one of the worst things for me, I met lots of people who said kind things but still never met anyone whose daughter had died from a broken heart- that's how we think of it.