

Bereavement café topics 2026

12.00pm – 1.00pm

February 27th- Christmas and New Year –where? What? Who?

March 27th-What has been the most memorable funeral you have attended? Could you talk to family about your funeral wishes?

April 24th- Legacy-What legacy do you think your loved one left? What would you like your legacy to be?

May 29th- How do you cope with grief? How might you help a grieving friend?

June 26th- What for you is the most memorable event(s) you experienced with your loved one?

July 31st- If you could ask one question of someone you loved who has passed away what would it be?

August 28th-What gives you strength/solace when you are grieving? What is/was helpful when you were/are grieving?

September 25th- The 5 stages of grief-Where do you think you are? Do we recover from grief?

October 30th- Your life to date-What life experience have you valued most? What has inspired you in your life?

November 27th- With your loved one who has passed on is there anything that you wish you had done with him when he was alive?