

Bereavement support from Co-op Funeral Directors

We're here to help and support you

Group support

The death of a family member or friend can be one of the most traumatic experiences you'll go through in life, and many people find it hard to come to terms with such a loss. Many people find grief hits particularly hard once the funeral is over, and can feel cut off from the world when they feel it is carrying on as normal around them. You don't have to go through this alone.

We offer a selection of support groups across Essex, on different days – including weekends – which are all free to anyone who feels they need extra help (they are not just available to our own clients). These informal groups will not provide counselling. However, those there will have been through a similar situation and are available to chat, listen, or just sit with you.

Attending your first meeting can be daunting, so feel free to contact your local branch via the forms on this website and ask any questions you have.

We also offer the chance for unscheduled 'drop in' support every Wednesday in our Dunmow branch. Pop in anytime during opening hours if you need a friendly, understanding chat over a cuppa.

One-to-one advice

There are a number of charities available to help those needing more assistance, or suffering from a specific type of loss. For that kind of specialist or one-to-one counselling advice, we suggest;

Samaritans: 116 123

Cruse Bereavement Care: 0808 808 1677

Survivors of Bereavement by Suicide: 0300 111 5065

Farleigh Hospice: 01245 457308

Marie Curie Support Line: 0800 090 2309

Sue Ryder Bereavement Support: [online support](#)

Group sessions

Braintree

Every Tuesday, 1.30pm – 3.30pm
Christ Church, London Road, CM7 2LD

Chelmsford

1st, 2nd, 4th Thursday each month, 10.30am-12.30pm
The Link, Trinity Methodist Church, CM1 2XB

and

1st Saturday of each month, 9am – 11am
Chelmsford Library – private meeting space

Ingatestone

1st Tuesday of the month, 10am-12pm
Parish Room, Stock Lane.

Writtle

1st Thursday of every month, 2pm-4pm
Writtle Christian Centre by the church

Drop-in Support

Dunmow

Wednesdays: pop into the branch anytime for a cuppa and a chat.