



Grief Café

Mutual support and connection for the bereaved

Please join us for a cuppa, a slice of cake and a safe space where your loss and pain can be expressed freely.

Supported by trained volunteers from North London Hospice, the Grief Café is free of charge and open to everyone grieving the death of a relative or friend.

The café is open from 9.30am – 11am on the second Tuesday of each month, beginning 12 March, at Enfield Library.

No booking required.

We look forward to welcoming you there.

Enfield Town Library, 66 Church Street, Enfield, EN2 6AX.