

**The
Bereavement Support Network
of the Var**

is grateful for the support and
encouragement of

Var Village Voice

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The Connexion

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IWCV

I'll Be Here

I cannot ease your aching heart,
Nor take your pain away;
But let me stay and take your hand
And walk with you today.

I'll listen when you need to talk.
I'll wipe away your tears;
I'll share your worries when they
come,
I'll help you face your fears.

I'm here and I will stand by you,
On each hill you have to climb;
So take my hand, let's face the
world...
And live just one day at a time.

You're not alone, for I'm still here,
I'll go that extra mile;
And when your grief is easier,
I'll help you learn to smile!

Author Unknown.

www.indianchild.com/inspirational_friendship_poems.htm

**Bereavement Support
Network of the Var**



**BSN is a registered
Association for the Support
of the Bereaved**

Association No W831001805

www.bsnvar.org



Do you need someone to talk to?

If you are going through bereavement or need pre-bereavement support, as a carer, or for yourself, we can help.

Who are we?

We are a group of committed volunteers, with concerned, trained members.

There is no fee for our time and support.

Just caring...

What do we do?

We can support you through this time of loss.

Help you through the pain and loneliness.

Help you to adjust to life changes.

We can support you with your grief

How do we support you?

We listen... because we know that you may need to talk about your loss, yourself, your fears and concerns. Sometimes, family and friends are not enough. We help you to gain a deeper understanding of your feelings, thoughts and behaviour at this stressful time.

We listen... because we know it is normal that sometimes you need to express feelings of anger or guilt, helplessness and anxiety.

We listen... and we offer support. If you need it, we offer friendship. We offer our time and a safe environment for you to deal with the issues surrounding your bereavement.

Please, if you feel we can help, take the time now to contact the Bereavement Support Network. We can arrange straight away for you to either meet or speak on the telephone to someone who will support you through these difficult times.

Where clients are geographically close to one another, small group meetings have been found to be useful, and can be arranged.

All conversations and meetings are held in the strictest confidence.

Our contacts:

Talk to Sandra on **04 94 84 64 89**

or **06 32 35 31 24**

By email at **info@bsnvar.org**

For more information, see **www.bsnvar.org**