



Coping with Bereavement Project (CWBP)

The Coping with Bereavement Project (CWBP) is a community focused bereavement service, with a difference, providing practical coping strategies and support to individuals and groups struggling with bereavement.

Our aim is to address issues associated with bereavement such as:

- **Low moods**
- **Anxiety**
- **Stress**
- **Panic attacks**
- **Anger management**
- **Sleep deprivation**

We have our own highly trained and experienced complementary therapists who provide a wide range of healing therapies to address the above issues.

Our health and well-being programme is geared towards improving the physical and emotional well-being of those who are facing or currently going through the bereavement process.

- **We support you if you are at least 18 years of age**
- **We cover two main areas of Leeds, Chapeltown and Alwoodley, making our service more easily accessible**
- **We are client focused and always put your needs first**

For more information please contact the CWBP right away...

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W. www.calmandcentred.co.uk

Alwoodley Office:

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