



## Are you a dealing with pregnancy loss, baby loss or pregnancy choices? TimeNorfolk is here for you.

We offer up to 16 sessions of free counselling to anyone who has experienced Pregnancy Loss or Baby Loss at any stage and for any reason.

If you are pregnant and have a decision to make, we provide one-off non-directive support sessions; giving you the space and time to think through your options.

Our counsellors are friendly and understanding and they'll listen without judging you.

### How do I get help?

Visit our website and fill in a referral form, we will get in touch with you to explain how we can support you.

[www.timenorfolk.org.uk/self-referral-form](http://www.timenorfolk.org.uk/self-referral-form)



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Registered Charity No. 1157905

