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Loss Cafes in Brussels

Plenna's Chair David Sunderland has been facilitating various **Loss Cafés** in Brussels in 2026.

The next will be in the Community Café, Holy Trinity Brussels, 12h00-13h30, Thursday 24 September. See this [flyer for more details](#). Participation is free but [sign-up is necessary here](#).

Previous loss cafés have taken place at the [Sunday Gathering](#) (12 April), [Brussels Imagination Club](#) (27 May, with a wider organizational focus) and Quaker House (31 May).

[‘Death cafés’ and ‘Death dinners’](#) offer a model for these sessions: spaces to share and exchange sensitively and confidentially. Conversations may also explore loss and grief beyond death, including environmental grief. Grief is closely linked to love and gratitude, and can be both retrospective and anticipatory.

David's book, published on 30 July 2026, is titled [The Punctuation of Loss](#).

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