



Grief is hard.
Death can impact
all of life.

The Bereavement
Journey
a place to talk

7 sessions of films
and discussion
for *anyone* bereaved *anytime*

Topics include:

- Attachment, separation and loss
- The pain and responses of grief
- Anger and guilt
- Coping with others' reactions
- Delayed and suppressed grief
- Adjusting to change
- Moving forward healthily
- Faith questions – a Christian perspective (optional last session)

To find out more visit:
thebereavementjourney.org

Running soon:

Storth Village Church

Thursdays
1.30-3.30pm

10, 17, 24 Oct
7, 14, 21, 28 Nov

Booking is necessary.

For more info &/or to book
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