



Grief is hard.
Death can impact
all of life.

The Bereavement
Journey
a place to talk

for anyone bereaved anytime

7 sessions of films
and discussion

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

St Thomas' Church
Milnthorpe

Wednesdays
6.30 - 8.30pm

12, 19, 26 March
2, 9, 16, 23 April

Booking is necessary.

For more info &/or to book,
contact Lesley -

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