



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](http://thebereavementjourney.org)**

**Running soon:**

**St. Thomas' Church  
Milnthorpe**  
  
**Thursdays  
from 27<sup>th</sup> August 2026**

**1.00-3.00pm**

Booking is necessary.

For more info &/or to book  
Contact Lesley Jackson  
01524 951566/07823406848  
[dianalesley@btinternet.com](mailto:dianalesley@btinternet.com)



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