

THE
*B*EREAVEMENT
JOURNEY
COURSE

A PLACE TO TALK

THURSDAY 26TH SEPTEMBER

7PM - 9PM

IN THE MEETING PLACE
(GENERAL OFFICE)

The Bereavement Journey is a series of films and discussion groups that gently guide people bereaved at any time through the most common aspects of grief and bereavement, enabling them to process the implications for themselves and discern next steps

Topics include:

Attachment, separation and loss | The impact and pain of bereavement | Anger and guilt | Coping with others' reactions | Adjusting to change | Delayed and suppressed grief | Moving forward healthily

For more information please feel free to contact Natasha
for more info

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