



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)

Running soon:

To find out more visit:
thebereavementjourney.org

Ata**Loss**

Helping **bereaved** people
find **support & wellbeing**