



The Bereavement Journey

**WEDNESDAY EVENINGS
7.15PM TO 9.15PM
FROM 3 NOVEMBER
TO 1 DECEMBER 2021**

Are you grieving the death of a loved one or struggling with long-term effects of loss? The Bereavement Journey is a five-week course offering a safe place to explore feelings and understand where you are in the grief process.

Topics include attachment, separation and loss; the impact and pain of bereavement; adjusting to change; anger and guilt; coping with others' reactions; moving on healthily. There is an optional sixth session on faith.

If you would like to attend please contact Valerie Sheridan by email (sheridanvalerie@yahoo.co.uk) by 22 October.

Course facilitators: Sophie Milner & Valerie Sheridan