

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)

**If you have experienced
bereavement through death,
this course is for you.**

Monday evenings, starting
22 September 2025
7-9.15pm for six weeks.

*This course is suitable for people of
all faiths and none. The final session
is optional and explores bereavement
from a Christian perspective.*