



# Grief is hard. Death can impact all of life.

The Bereavement  
*Journey*<sup>®</sup>  
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)

To find out more visit:  
[thebereavementjourney.org](http://thebereavementjourney.org)

Running soon: