

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)

To find out more visit:
thebereavementjourney.org

Running soon:

**Bicester Area
starting 28 May 2026
7.00pm - 9.15pm**

Thursdays @ The Hummingbird
Centre, Launton (with kind
permission)

28th May; 4th, 11th, 18th, 25th
June; 2nd, 9th July

To book/for info 01869 323458
office@stedburgschurch.org