



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:

in Bicester on Tuesdays
2.00pm-4.15pm

The Beacon, Wesley Lane, Bicester
OX26 6JU

6,13, 20 October, break for half-term,
3,10,17,24 November.

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

To find out more visit:
thebereavementjourney.org

Ata**Loss**

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