



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:

**Starting 12th January
at St Peter's Church
Hub, Normanton Lane**

For more information please
contact Rev Emma Mallord on
07752 645496 or
emma@stpeterlittleover.org.uk
For more info see
www.stpeterlittleover.org.uk