

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](http://thebereavementjourney.org)**

**Running soon:**