



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:

**commences Friday
9/10/26 to 20/11/26
6-30pm to 8-30pm
Ratby Church rooms**

For further details
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