



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 at
St Boniface Church
on Wednesdays
11 February to 25 March
from 2:00pm to 4:20pm

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To buy your ticket and register for the course please go to
www.stbonifacebunbury.org
Go to the What's On page and click on the Bereavement Journey poster. The course's cost is £20 but there is help available if you need it. Full details on the registration page.

You can contact us on
TBJ@stbonifacebunbury.org