

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

Begins Tues. 2nd Sept.

10.30am – 12noon

at Emmanuel Church
Mount Road,
Fleetwood FY7 6RE

To book please visit:
emmanuelfleetwood.org.uk

or phone: 01253-770646

or scan the QR code

