

# 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)**

**Begins Tues. 2<sup>nd</sup> Sept.**

**10.30am – 12noon**

**at Emmanuel Church**

**Mount Road,**

**Fleetwood FY7 6RE**

**To book please visit:**

**[emmanuelfleetwood.org.uk](http://emmanuelfleetwood.org.uk)**

**or phone: 01253-770646**

**or scan the QR code**

