

Death is hard.  
Grief can impact  
all of life.

The Bereavement  
*Journey*  
a place to talk

**for *anyone* bereaved *anytime***

7 sessions of films  
and discussion

**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 last session)

St Thomas' Church  
Milnthorpe

Thursdays  
1 - 3pm

2, 9, 16, 23, 30 Oct  
6, 13 Nov

Booking is necessary.

For more info &/or to book,  
contact Lesley -

[dianalesley@btinternet.com](mailto:dianalesley@btinternet.com)  
01524 951566

To find out more visit -  
**[thebereavementjourney.org](http://thebereavementjourney.org)**

