

The Bereavement Journey® is a 7-session series of films and discussion that assists anyone bereaved to process the impact of a death, whether recent or long ago.

Grief can be hard, affecting all areas of life. Without support it can lead to further loss, such as mental and physical ill-health and attainment, or it can affect attitudes, behaviour, relationships – the future.

Run by Christians, the programme uniquely offers a final session on faith questions arising in bereavement, provided from a Christian perspective. This is optional, making The Bereavement Journey suitable for everyone.

The Bereavement Journey is benefitting people in person or online in hundreds of locations across the UK, as well as nationally online.

#### 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

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

The Bereavement  
*Journey*  
a place to talk

