

Grief is hard.  
Death can impact  
all of life.

The Bereavement  
*Journey*<sup>®</sup>  
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 (optional)

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

**Running soon:**

**7 weeks commencing  
Friday, 2 May to  
Friday, 13 June 2025  
10.00am to 12 noon**

Lyppard Hub, Ankerage Green,  
Warndon Villages, WR4 0DZ

To book your place or for further  
information please call the Hub

Tel: 01905 616841