



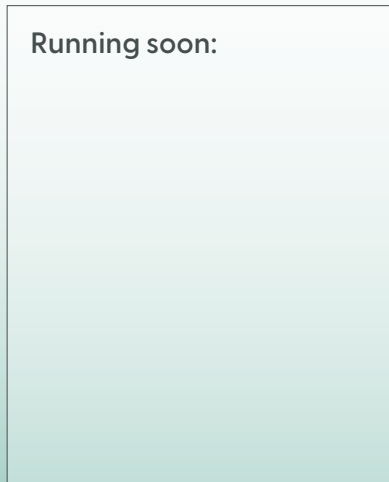
## 7 Sessions of films and discussion **for *anyone* bereaved *anytime***

### 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)**

### Running soon:



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