



The Bereavement Journey is a six-week course, providing community and support for people who have experienced bereavement. Working through grief and the loss of a loved one takes a long time and no two people have the same loss or the same journey. This course is for anyone who is bereaved, whether recently or dating back several years. Based on Christian principles, the course is suitable for anyone with or without a Christian faith.

Each session will start at 2pm and end at 3.45. This will include short talks and opportunities for discussion in a small group.

Thursdays at PPW: 9th, 16th, 2nd, 30th January and 6th and 13th February.

Topics covered include:

- Attachment, separation and loss
- The impact and pain of bereavement
- Adjusting to change
- Anger and Guilt
- Coping with others' reactions
- Moving on healthily
- And an optional 6th session on the Faith Perspective

Booking essential: marie-anne.kent@methodist.org.uk or 01704 513128

"The Bereavement Journey helped me to understand what I'd been feeling was normal...it was a good place to share with others in a safe place."



Find us on the corner of Hampton Road and Scarisbrick New Road, Southport. PR8 6QR



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