



We are writing to let you know that we will be running *The Bereavement Journey* at Short Heath Methodist Church, Wesley Road, Short Heath, WV12 5QT on Mondays from 2pm to 4pm on February 24<sup>th</sup>, March 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> & 31<sup>st</sup>, with an optional faith session on April 7<sup>th</sup>.

### **What is *The Bereavement Journey*?**

*The Bereavement Journey* is a 7-session series of films and discussion groups that gently guides bereaved people through the most common aspects of grief and bereavement to help them process their loss. Facilitated by volunteers, any person bereaved at any time is helped to consider for themselves the implications of their bereavement and to discern the next steps. For most people *The Bereavement Journey* provides the tools they need, either to process their loss without one-to-one professional assistance or to identify where further support might help.

### **Why is *The Bereavement Journey* important?**

Bereavement is one of the most stressful times in life and loss needs to be processed. *The Bereavement Journey* provides a safe space for bereaved people to talk with others who understand the pain of grief, to explore the impact of their loss and consider ways they might resolve issues they are facing, for a healthy and positive future.

### **Who is *The Bereavement Journey* for?**

Any bereaved person 18 years and over, bereaved of anyone at any time, by death, and will also help those who are in anticipatory grief. Many people attend *The Bereavement Journey* in the months following the death, but others may find their grief surfacing from an unprocessed death from years beforehand or want to explore how a past bereavement might have affected them.

### **How much does *The Bereavement Journey* cost?**

We ask for a donation of £10 per person, which includes the Guest Manual. But we would not want cost to prevent someone attending.

### **What is covered by the sessions in *The Bereavement Journey*?**

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)

If you would like more information, please don't hesitate to get in touch:

Email: [bereavementjourneywalsall@gmail.com](mailto:bereavementjourneywalsall@gmail.com)

Mobile: 07970808819

<https://www.thebereavementjourney.org/>

Please pass on information to anyone you feel may benefit from *The Bereavement Journey*. We will be running courses throughout 2025 at different venues across Walsall.

Kind regards



Rev Bev Boden – retired Methodist Minister

Wendy Hawkins – Hidden River Methodist Circuit Lay Worker

Anne Kelsall – Hidden River Methodist Circuit Lay Worker

Deacon Helen Webster – Minister in the Hidden River Methodist Circuit