



The Bereavement  
*Journey*  
a place to talk

## The Bereavement Journey—a place to talk

Are you grieving the death of a loved one or struggling with the long-term effects of loss? Then join us for this six-session course, **The Bereavement Journey**, being run by the Hidden River Methodist Circuit.

Topics include:

- Attachment, separation and loss
- The impact and pain of bereavement
- Adjusting to change
- Anger and guilt
- Coping with others' reactions
- Moving on healthily

Each session involves two short filmed talks followed by the opportunity to share in conversation.

We will be meeting 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> 2025.

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

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

Or call Bev Boden on 07970808819

More information on the course is available at [www.thebereavementjourney.org](http://www.thebereavementjourney.org)