

# THE BEREAVEMENT JOURNEY



## LOCATION:

'The Hub' Tobacconist Road, Minchinhampton, GL69JJ

## COST:

Contribution to printing and refreshments £15 for the whole course.

## DATES: Thursday Evenings 7.00 –9.00 p.m.

1. 4th April 2019
2. 11th April 2019
3. 25th April 2019
4. 2nd May 2019
5. 9th May 2019
6. 16th May 2019

## DURATION:

Five weeks with an optional sixth week

## HOSTED BY:

Ian Morris and Sue Fairley

## CONTACT EMAIL:

[courses@minchbc.org.uk](mailto:courses@minchbc.org.uk)

## CONTACT TELEPHONE:

01453 886997

## WHO IS THE BEREAVEMENT JOURNEY FOR?

Working through grief and loss of a loved one takes a long time. The course is for any person who is bereaved or experienced similar loss, whether recently or dating back several years. Based on Christian principles, the course is suitable for anyone with or without a Christian faith. (*Attendance is not advisable for those who have been bereaved within the past three months*).

## WHAT DOES THE BEREAVEMENT JOURNEY COVER?

Our Journey:

- Week 1. Looking at loss
- Week 2. The pain of grief—how it feels
- Week 3. The pain of grief—how we deal with it
- Week 4. Coping with change
- Week 5. Moving on
- Week 6. Faith questions (optional)

Each evening begins with a light supper, followed by short talks interspersed with opportunities for discussion in small groups (please be aware that there could be around ten -twenty guests on the course, and that each guest is placed into a smaller group with about four/five other guests).

## RECOMENDATIONS

'It was good to share with others in a safe place.'

'The Bereavement Journey helped me to understand what I'd been feeling was normal.'

## TERMS AND CONDITIONS

- Bursaries available upon request to those from low income households or full-time students. Please apply by email ([courses@minchbc.org.uk](mailto:courses@minchbc.org.uk)) or using the registration form below.
- Cancellations and transfers are accepted up to 24 hours prior to the start of the course.
- A light supper is provided at the beginning of each course evening.

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## REGISTRATION FORM

Please register me on the Bereavement Journey Course: 4th April 2019. Name: \_\_\_\_\_

Contact details: Telephone: \_\_\_\_\_ Email Address: \_\_\_\_\_

Home Address: \_\_\_\_\_

Please indicate dietary requirements: Vegetarian  Gluten free  Other please state \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please return to: Minchinhampton Baptist Church, Tetbury Street, Minchinhampton GL6 9JH