



The Bereavement

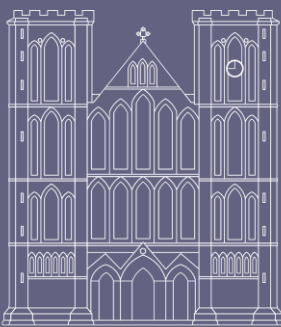
Journey

Are you grieving the death of a loved one or struggling with the long-term effects of loss?

A seven-session weekly course will be running here from Weds February 7th 2024

Time: 9:30 am

Location: Thorpe Prebend House



Topics include:

- attachment, separation and loss;
- the impact of pain of bereavement;
- adjusting to change;
- anger and guilt;
- coping with others' reactions;
- moving on healthily.

For more information or to register an interest in attending please contact:

fionapearman@riponcathedral.org.uk or ring the cathedral office: 01765 603462

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