



# The Bereavement *Journey*

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

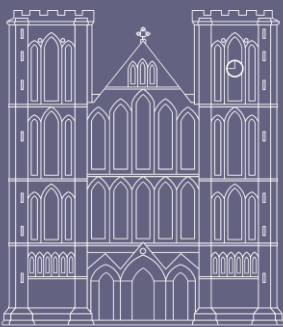
A seven-session weekly course will be running at Thorpe Prebend House from Wednesday September 18<sup>th</sup> 2024 at 7 pm

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](mailto:fionapearman@riponcathedral.org.uk) or ring the cathedral office: 01765 603462



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