



# The Bereavement Journey

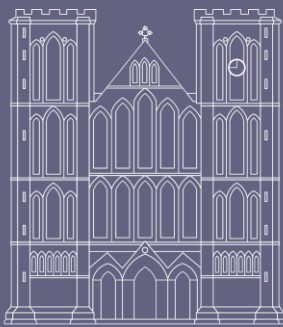
Are you grieving the death of a loved one or  
Struggling with the long-term effects of loss ?  
A seven-session weekly course

Location: Thorpe Prebend House, High St.Agnesgate, Ripon

Date: 11th February 2025      Time: 9.30am

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.



RIPON  
CATHEDRAL

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

RIPONCATHEDRAL.ORG.UK