



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

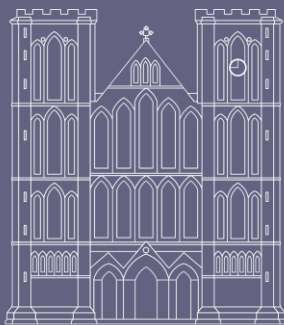
Location: Thorpe Prebend House, High St.Agnesgate, Ripon

Date: May 7th 2025

Time: 7.00 – 9.00pm

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:

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cathedral office: 01765 603462

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