

Navigating Trauma - Recovering Hope



**A 6-week course led by assistant chaplains,
Hilary Hills and Rex Morton**

**On Tuesdays 31st Oct, 7th, 14th, 21st, 28th Nov
and 5th Dec 2023, 1.30-3.30pm**

**At The Living Well, Canterbury Diocese Centre
for Healing and Wholeness,
Vicarage Lane, Nonington CT15 4JT**

**Please book via the administrator on 01304 842847
or contact@the-living-well.org.uk.**

Suggested donation £35 for the 6 sessions



www.the-living-well.org.uk

Registered Charity No.: 1123792



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The topics covered include:

- What is a wound of the heart? - including grief and loss
- What can help our heart wounds heal?- including being a good listener
- What happens when someone is grieving? - grief journey and lament
- If God loves us, why do we suffer? - how to remember God in times of suffering
- Bringing our pain to the cross— identifying the wounds of our heart
- How can we forgive others? - forgiveness sets us free!

Come and find how scripture can help on this healing journey where we can discuss in a place of safety our doubts and fears and find God's help. What we will learn will be very useful to take back and use within our Churches.

