

# The Bereavement Journey®

## Course



**A 7-week course held at The Living Well  
on Wednesday mornings 10am—12pm  
15.04, 22.04, 29.04, 6.05, 13.05, 20.05, 27.05**

Each Session comprises two films, followed by an opportunity  
for discussion in a small group, with a break between.

Anyone for whom someone important has died at any time is welcome.

Please book via the administrator on 01304 842847 or  
[contact@the-living-well.org.uk](mailto:contact@the-living-well.org.uk).

**Suggested donation £50 for the 7 sessions**



[www.the-living-well.org.uk](http://www.the-living-well.org.uk)  
Registered Charity No.: 1123792

At a  
**Loss**.org