

# **'Healing the Wounds of Trauma'**



**A 6-week course held at The Living Well  
on Tuesday afternoons 1-3pm, on  
29.09, 6.10, 13.10, 3.11, 10.11 and 17.11 2026**

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!

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

**Suggested donation £50 for 6 sessions**

[www.the-living-well.org.uk](http://www.the-living-well.org.uk)

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