

THE BEREAVEMENT JOURNEY

Bereavement affects everyone at some point in their lives, yet when it does there is little support for those affected.

We acknowledge that every bereavement is different, just as all relationships are unique. However, people may experience similar feelings and difficulties.

This course aims to provide a few signposts along the painful journey, and to provide community and support for those who have been bereaved.

The Bereavement Journey is a six-week course, and participants need to be able to commit to all the sessions, as each one will build on what has gone before.

WHO IS IT FOR?

- This course is for anyone who has lost someone significant in their lives, whether recently or even several years ago.
- It is advisable that at least three to six months have passed since your bereavement, before you take part in this course.
- The course is based on Christian principles, but is suitable for anyone with or without a Christian faith.
- Both men and women.

WHERE?

**The event will be held at
The Well Christian Healing Centre:
20 Augusta Place
Royal Leamington Spa**

COURSE OVERVIEW

Topics covered over the sessions include:

- Attachment, separation and loss
- Death in our culture
- The pain of grief
- Adjusting to change
- The faith perspective

Each evening starts with hot drinks served at 7 p.m., followed by short talks and video presentations, interspersed with opportunities for discussion in small groups for those who find this helpful. It is also quite ok to be silent in the groups and just listen to the discussion.

WHEN?

Monday evenings from 7 to 9.30 p.m.

- 4th March
- 11th March
- 18th March
- 25th March
- 1st April
- 8th April

Each session builds on what has gone before.

COURSE COST

The total cost of the course is £40 per person. *If you are unable to meet this cost, please contact The Well Office - PTO for details.*

This includes:

- Hot drinks and home bakes.
- Each person will receive a Guest Manual to support the course.

(Please note that it will not be possible to refund any of the cost if sessions are missed.)

THE BEREAVEMENT JOURNEY BOOKING FORM

Weekly from 4th March to 8th April 2019

OR BOOK ONLINE AT:

www.wellhealing.org

If you book through the office, please send this form to the address overleaf.

Please fill in the details with which you would like us to contact you below:

Full Name: _____

Phone number: _____

E-mail address: _____

We will only use these details to contact you regarding this event. Please tick which you prefer for us to use:

By email By phone

We will keep your details secure and will not pass them onto other organisations.

The cost of the Course is £40 per person.

I would like to book a place on

The Bereavement Journey

I place @ £40 per person

Total:

BOOKING CONFIRMATION AND PAYMENT

If you would like to attend but are unable to meet the cost, please contact us at:
01926 888003 or
office@wellhealing.org

Please make payment by cheque, payable to 'The Well Christian Healing Centre'.

PLEASE SEND THIS FORM AND YOUR PAYMENT TO:
The Well Christian Healing Centre
20 Augusta Place
Royal Leamington Spa
CV32 5EL
01926 888003

For further details, email us at:
office@wellhealing.org

 www.twitter.com/well_centre

 www.facebook.com/wellchc

The Well Christian Healing Centre is an independent charity funded by donations.

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COURSE LEADERS

Carolyn Stone

"In February 2016 my wonderful husband was diagnosed with cancer and by March we were told it was terminal.



In December 2016 he died at the age of 49. We had been married for 25 happy years and have 3 sons, who were 16, 18 and 20 when they lost their Dad."

Nikki Olorenshaw Smith

"I am the very proud mum of 3 wonderful boys, but very sadly my first son died 18 years ago at the age of 8 months, due to a very serious previously undiagnosed heart defect.



My twin sons, now aged 16, gave me the hope I needed to carry on, and we all continue to hold a piece of Jack in our hearts."

The course will be hosted by
Reverend Anne Hibbert, The Well's
Founder and Director of Ministry.



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7 to 9.30 p.m.

Monday evenings:

4th March

11th March

18th March

25th March

1st April

8th April

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