

## 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.

**The course will be co-led by** Rev Anne Hibbert, The Well's Founder and Director of Ministry, and by several volunteer leaders who between them have a wide range of bereavement experience in both personal and professional contexts. We are particularly grateful to Carolyn Stone and Nikki Olorenshaw Smith, who recommended this course to Anne because of how helpful they had found it in their own bereavement experiences, and who are joining us again to co-lead it.

### 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.

## 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 begins with hot drinks served at 7 p.m. From 7.15 p.m. there will be 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 7.15 to 9.30 p.m.**

- 17<sup>th</sup> February
- 24<sup>th</sup> February
- 2<sup>nd</sup> March
- 9<sup>th</sup> March
- 16<sup>th</sup> March
- 23<sup>rd</sup> March

Each session builds on what has gone before.

### WHERE?

The Well Christian Healing Centre  
20 Augusta Place, Royal Leamington Spa CV32 5EL

### 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.
  - 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.)*

### COURSE BOOKING INFORMATION

In order to create the most appropriate discussion groups, it is helpful for us to know the nature of your bereavement. This information will be treated in complete confidence.

## THE BEREAVEMENT JOURNEY BOOKING FORM

Weekly from 17<sup>th</sup> Feb to 23<sup>rd</sup> March 2020  
OR BOOK ONLINE AT: [wellhealing.org](http://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 Course cost is £40 per person.**

I would like to book a place on  
The Bereavement Journey

places @ £40 per person

Total: .....

**So that we can create the most helpful discussion groups, please tell us who you are grieving and their relationship to you:**

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## 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](mailto: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](mailto:office@wellhealing.org)

 [www.twitter.com/well\\_centre](https://www.twitter.com/well_centre)

 [www.facebook.com/wellchc](https://www.facebook.com/wellchc)

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

Registered charity: 01097443  
A company limited by guarantee: 04664030

## AFTER THE BEREAVEMENT JOURNEY IN SPRING 2019, WE ASKED PEOPLE WHAT THEY FOUND MOST HELPFUL ABOUT THE COURSE. HERE ARE SOME OF THEIR COMMENTS.....

“Being able to talk to others in the same situation and learn from their experiences.”

“The information and explanations about what is part of grief journey clearly explained in videos.”

“The honesty of the leaders.”

“Knowing that everything was covered.”

“Listening to other people’s experience and having a forum for expressing your own without fear of criticism.”

“The layout of the course was very helpful - to be able to watch the video but then in groups have time to talk and share with others, also time for coffee and individually talking in between was very helpful.”

“The Well has provided a safe space for people to access information about the grieving process and journey, new to many, and to share stories and experiences.”



## The Bereavement Journey

A 6-week course for people who have experienced bereavement

7.15 to 9.30 p.m.

**Monday evenings:**

**17<sup>th</sup> February**

**24<sup>th</sup> February**

**2<sup>nd</sup> March**

**9<sup>th</sup> March**

**16<sup>th</sup> March**

**23<sup>rd</sup> March**

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