



Are you grieving the death of a loved one or struggling with the long-term effects of loss? Then join us for this six-session course, **The Bereavement Journey**, being run by the Brownhills & Willenhall and Walsall Methodist Circuits.

Topics include:

- Attachment, separation and loss
- The impact and pain of bereavement
- Adjusting to change
- Anger and guilt
- Coping with others' reactions
- Moving on healthily

Each session involves two short filmed talks followed by the opportunity to share in conversation.

We will be meeting at Walsall Central Hall, Ablewell Street, WS1 2EQ on Monday afternoons from 2pm-4pm on 12 Feb, 19 Feb, 26 Feb, 4 Mar, 11 Mar & 18 Mar with an optional faith session on 25 Mar.

For more information & to book a place, please contact:

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