



The Bereavement Journey

Are you grieving
the death of a loved
one or struggling with
the long-term effects
of loss?

**A six-session course
will soon be running
in your area.**

Your local course:

Place: "Firehouse"

Newton Avenue

GL4 4NS Gloucester

Dates: 21, 28 Feb, 7, 14, 21 & 28 March
from 1.30 - 4.00 pm

If you are interested or have any questions,
please speak to Marjan
(07832 502063)
marjandekloe.gvc@gmail.com

**Golden Valley Church,
Gloucester**

goldenvalleychurch.net

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 · And an optional 6th session on Faith questions