



Dear

Thank you for considering booking a place on The Bereavement Journey® course.

We are really sorry to hear that you have been bereaved and we very much hope that The Bereavement Journey will be as much help to you as it has been to those who attended our previous course here at Christ Church

The dates for this course are:

Session 1 Monday 28 September

Session 2 Monday 5 October

Session 3 Monday 12 October

Session 4 Monday 19 October

Session 5 Monday 2 November

Session 6 Monday 9 November

Session 7 Monday 16 November (optional on faith questions from a Christian perspective)

Each Session begins at 7pm and we finish at 9pm.

The Sessions will involve two short films, each followed by an opportunity for discussion in a small group hosted by a Group Facilitator, and with a short break between. Tea, coffee etc and cake/biscuits will be available.

In the meantime, we ask that you give consideration to finding someone you trust, who would be willing to hear from you after each Session about how the Session went and how you are feeling. This course is to help bereaved adults process a bereavement of a recent or past loss.

If you have any questions about any of this information, please contact us via the email address office@ccbedford.org or contact Mary Davies on 07811055099.

Please complete a booking form by Monday 20th September to give us some awareness of the bereavement you have experienced and your contact details and do get in touch with any concerns.

We look forward to being in touch with you again soon.

With very best wishes

Mary Davies

The Bereavement Journey Course Leader