

Grief Journey Course

Dear Parishioners,

You may have noticed a few posters around the church and village advertising a Grief Journey course that is being sponsored by Bennetts Funeral Directors. We have outlined below more details of what you may expect from the course.

Anthropologist Margaret Mead wrote “When someone is born, we rejoice. When someone is married, we celebrate; but when someone dies, we pretend that nothing has happened”

Grief Journey is a six week structured course for anyone coping with a loss, who would like some guidance and help. It will be run by Mr Paul McNamara, who is a Diploma trained counsellor, and he will be facilitated by fully trained Bennetts staff. **The course starts on Thursday 23rd September at The Parish Rooms, Stock Lane, Ingatestone.**

To gain the most benefit from the course, we ask you please try and make every session:-

Thursday 23 rd Sept	Introducing the Experience of Grief
Thursday 30 th Sept	What is Grief?
Thursday 7 th Oct	Grief as an Emotional Response to Loss
Thursday 14 th Oct	Confronting Guilt and Anger. Grief Attacks: How Grief comes and goes
Thursday 21 st Oct	Loneliness and Adjustments
Thursday 28 th Oct	Reorganization

Grief is a uniquely personal experience and validating the significance of grief and the difficult process someone is going through is the greatest gift that anyone can give someone who is suffering a loss.

If you know of anyone who may benefit from the course, please do not hesitate to tell them about the course. As a community we want to do all we can to help each other.

The contact to secure a place on the course, or for further information is Lucienne 01277 624289.

Kind regards,

Jane Bennett
Bennetts Funeral Directors