



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

**A six-session course will be starting at  
Christ Church Higher Bebington CH63 8LX  
on Thursday 9th June  
2-4 pm  
weekly for 6 weeks (not 23 June)**

**Looking at loss, the pain of grief, coping with change, ...**

- **videos, discussion and course book**
- **a safe and empathetic place to talk**
- **mid-break for tea/coffee and cake!**

**[thebereavementjourney.org](http://thebereavementjourney.org)**

**You are very welcome to join us.**

**If you would like further detail please contact Eunice via the church office.**

**[parishoffice@christchurchhigherbebington.org.uk](mailto:parishoffice@christchurchhigherbebington.org.uk) 0151 608 4429**

**<https://christchurchbeb.org.uk>**