Grief is hard.

Death can impact all of life.

The Bereavement Journey®
a place to talk

7 Sessions of films and discussion

for *anyone* bereaved *anytime*

Topics include:

- Attachment, separation and loss
- The pain and responses of grief
- Anger and guilt
- Coping with others' reactions
- Delayed and suppressed grief
- Adjusting to change
- Moving forward healthily
- Faith questions – a Christian perspective (optional)

To find out more visit:
thebereavementjourney.org
mhcongregational.church

Market Harborough Congregational Church, Bowden Lane, LE16 7JD

Wednesdays in the Lounge
10.30am-12.30pm
28th Oct - 9th Dec 2026

Contact Roo:
mhccroo@gmail.com