



BEREAVEMENT COURSE

Workshops to explore and understand
your grief alongside others



COURSE DETAILS

Venue Kings Church, 414 Coxford Road, Southampton
SO16 5LL

Time: 10.30am to 12.30pm

Dates: The following Tuesdays:

23rd September	Session 1	Getting to know each other.
7th October	Session 2	Painting a word picture
21st October	Session 3	What do we miss most? What do we least miss?
4th November	Session 4	Unfinished business.
18th November	Session 5	Who are we now?
2nd December	Session 6	A future full of hope

Course Hosts:

Pippa, a qualified psychotherapist with over 10 years experience working with bereavement.

Dr. Ros Simpson, retired GP and Trustee and training lead for Caraway. Caraway is a charity that works throughout Southampton to spiritually resource older people.

Margaret Hague, Anna Chaplain for Older People, Southampton West.

Rev Dave Hendra, Caraway Chaplain for Dementia.

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