

## Grieving Losses: 22nd November - 6th December

Experiencing loss is part of life whether you have lost a loved one, the end of a long life relationships, the loss of a job or the loss of an important friendship; learning to accept the new situation and living a fulfilled life after loss might seem nearly impossible.

In these workshops we will consider how we all grieve in different ways and how we can support ourselves through the process and, with time, find meaning to our losses.

We will look at:

- Understanding different types of grief
- Understanding the stages of grief and identifying where we are in the process
- Learning to treat ourselves kindly in grief
- Learning new ways to decrease suffering after a loss

3 weekly sessions

Starts Monday 22nd November

Online

13.00 - 14.00

Enrol with us, free to join



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