

MANAGING MOMENTS

BEREAVEMENT COURSE

**NOV 3RD
2025 - DEC
15TH 2025**

6 week bereavement course for young people (11 - 18) to support them to manage their grief and gain peer support (parents/carers are invited to week 7)

This 6 week course will enable young people to meet others going through the same challenges and explore grief & its many emotions when loss is experienced. We will offer meaningful ways to help you through this difficult time, offer support to find ways to cope with the loss and discover methods to continue on.

**6 WEEKS
EVERY
MONDAY**

**5PM
-7PM**

**ELIZABETHAN SUITE,
BURY, BL90DA**

Scan the QR code to complete the referral form. If further support to register interest or, information is needed about the course, email using the address below.



**HOW TO
SIGN UP**