

Wellbeing: Coping with Bereavement & Loss

Course overview

Any loss, be it a loved one, home or job can turn your world upside down and change how you see life. No one expects you to bounce back quickly but there comes a time you need to move on. The thought of this can be terrifying and you may not know where to start. This gentle short course will help you on the right road to getting back on track.

What will I study?

You will:

- Understand the importance of grieving
- Learn about how to accept loss
- Discuss positive ways to remember loved ones
- Make plans to move on
- Discuss asking for help and how to find it

Assessment method

You will participate in discussions and self reflection. You will receive input and verbal feedback from the tutor throughout.

Entry requirements

- This course is open to all.

What should I bring with me?

You will need to provide your chosen method of note-taking such as notepad & pen or tablet.

Key information

Where possible this course will take place on site with social distancing measures in place. In the event of a lockdown, the course will take place online via MS Teams.

Possible next steps

Following the successful completion of this course, you will be supported to enrol on to other suitable wellbeing, CPD or other courses.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



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