

Enrichment: Dealing with Bereavement and 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. For those who support other this course can provide a helpful insight into their grieving and what you can do to help support them.

What will I study?

You will explore:

- the importance of grieving
- learning how to accept loss
- positive ways to remember loved ones
- making plans to move on
- asking for help and how to find it

Assessment method

You will participate in Q&A sessions and discussions and receive verbal feedback from the tutor throughout the workshop.

Entry requirements

You may be on one of our qualifications courses or have a serious interest in the subject. You will need a good understanding of English.

What should I bring with me?

You will need to take notes so bring along your preferred tools such as a pen and paper or an electronic device.

Key information

Code	Date	Time	Location	Full Fee	Concessionary Fee
7103CP	Monday 7 December 2020	9.30am to 12.30pm	Dagenham	£9.00	£5.00

Possible next steps

You will be supported to enrol on to the most suitable course for you following the successful completion of this course.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



call: 020 8270 4722