

What is the Living with Loss project?



LIVING WITH LOSS is led by myself, Abi May – a Christian, experienced retreat leader, educator and author. The project came about following the tragic death of both of my children, 30 years apart. My husband John has been active in Christian service for four decades. He offers practical and pastoral support during our events.

We have been leading **LIVING WITH LOSS** retreats for the past four years in locations including:

- Lee Abbey in Devon
- Launde Abbey in Leicestershire
- The Briery Retreat Centre in Yorkshire
- The Greenhouse Christian Centre in Dorset

My book on bereavement, *A Valley Journal*, is endorsed by the Dove Service, a BACP accredited counselling service.

I also run a blog with a variety of articles and resources for those who are grieving: www.avalleyjournal.co.uk

The **LIVING WITH LOSS** project is a member of the National Bereavement Alliance.

CONTACT

Abi and John May

Tel. 07740 645003 or 0845 643 4084

Email: livingwithloss@btinternet.com

Website: www.livingwithloss.co.uk

Twitter feed: @with_loss

ARE THERE PEOPLE IN YOUR CHURCH OR COMMUNITY WHO ARE STRUGGLING WITH LIFE FOLLOWING BEREAVEMENT?

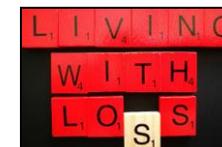
Then the **LIVING WITH LOSS PROJECT** could be for you. Our goal is to support people as they find their way forward after life-changing loss.

We run **WEEKEND WORKSHOPS** designed for adults 18 and over who are living with loss following bereavement, such as:

- Widows and widowers
- Parents who have lost children
- Adults who have lost parents or siblings
- Those who have lost close friends or multiple family members.
- Those bereaved by suicide and other traumatic deaths.

LIVING WITH LOSS GRIEF SUPPORT WORKSHOPS are for 8 to 20 participants. The workshops are a mixture of led sessions, moderated discussions and creative activities, with some gentle Christian content.

We would be happy to come to your church to lead a workshop. Please read on for more information.



“ We recently hosted a ‘Living with Loss’ course at our church. Abi led it in such a sensitive and moving way, that all who came left feeling that they had significantly found a new way of coping with their grief. I would recommend it to anyone who feels they need a safe place to express their grief and are looking for a way to help them see hope as they journey on.”
(Sharon Seal, Parish of St Giles and St George in Ashted, Surrey)

“ The content of the sessions was excellent and the approach varied, interactive and all very clearly presented.” *(Participant)*

“ I had no idea, really, what to expect. I am returning home feeling assured that I will survive and continue to take 'small steps' on my journey.”
(Participant)

A LIVING WITH LOSS workshop

is for 8-20 participants, aged 18 and over, who are struggling following bereavement. It does not usually matter how long ago the death(s) took place.

A workshop or retreat cannot answer everyone's questions nor provide complete relief from the pain of grief, but it can help those who are grieving find ways to express themselves, discover that they are not alone, and explore strategies for continuing on their life's journey.

[Please note: The event is not appropriate for those who have not been bereaved but are suffering loss from other causes, such as divorce and disability, although the bereaved may also face those issues.]

What to expect

The workshop runs over 2 days, with topics including: the impact of grief and coping with feelings; continuing bonds, the mosaic of life and living with memories; life strategies for the journey ahead.

We also hold a candle-lighting service of remembrance and prayer.

Within the led sessions, there are opportunities for discussion, some creative approaches and some simple crafts.

So much about grief is unspoken. We provide the opportunity to speak about it in a safe, supportive environment.

Practical information

- Our charge is £20 per participant, reduced to £10 for pastoral helpers, plus mileage at 0.45 p per mile. We may also need accommodation depending on distance from Stoke-on-Trent. (Most 'hosts' offer us an additional goodwill gift.)
- You can decide how much to charge those attending, although it will need to cover your own expenses and our payment.
- It is up to you to advertise and promote the event. We provide a template for posters and fliers, and social media advertising.
- We provide the workshop materials. You will be responsible for tea, coffee and biscuits, and arranging lunch.

For further information about how to host this course and other practical details, visit:

WWW.LIVINGWITHLOSS.CO.UK

Direct link to Workshops: <https://wp.me/P9XT7E-2q>

Or contact me directly (details overleaf)