



Have you been struggling since the loss of your loved one?

Come and join with others who have also experienced life-changing loss through bereavement.

During **Living with Loss Retreats** we look at loss and grief from a gentle Christian perspective. Our focus is on making the best of our life in the present and finding a way forward in the changed circumstances of our lives.

- Varied programme.
- Open to those aged 18 and over.
- **Living with Loss Retreats** are led by Abi May – author, bereaved mother, retreat leader and educator.

COMMENTS FROM PARTICIPANTS

“The content of the bereavement sessions was excellent and the approach varied, interactive and all very clearly presented.”

“I thought Abi led the sessions with sensitivity and compassion.”

“This was a first class retreat which I found extremely helpful.”

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

LIVING WITH LOSS RETREATS: WHERE AND WHEN

- Penhurst Christian Centre (Sussex) – 25-27 October 2019
- Lee Abbey (Devon) – 11-15 November 2019
- Launde Abbey (Leicestershire) 17 – 22 February 2020
- Briery Retreat Centre (Ilkley, Yorkshire) – 22 – 24 May 2020

Find out more, including other venues and dates:

WWW.LIVINGWITHLOSS.CO.UK

Contact Abi directly: livingwithloss@btinternet.com