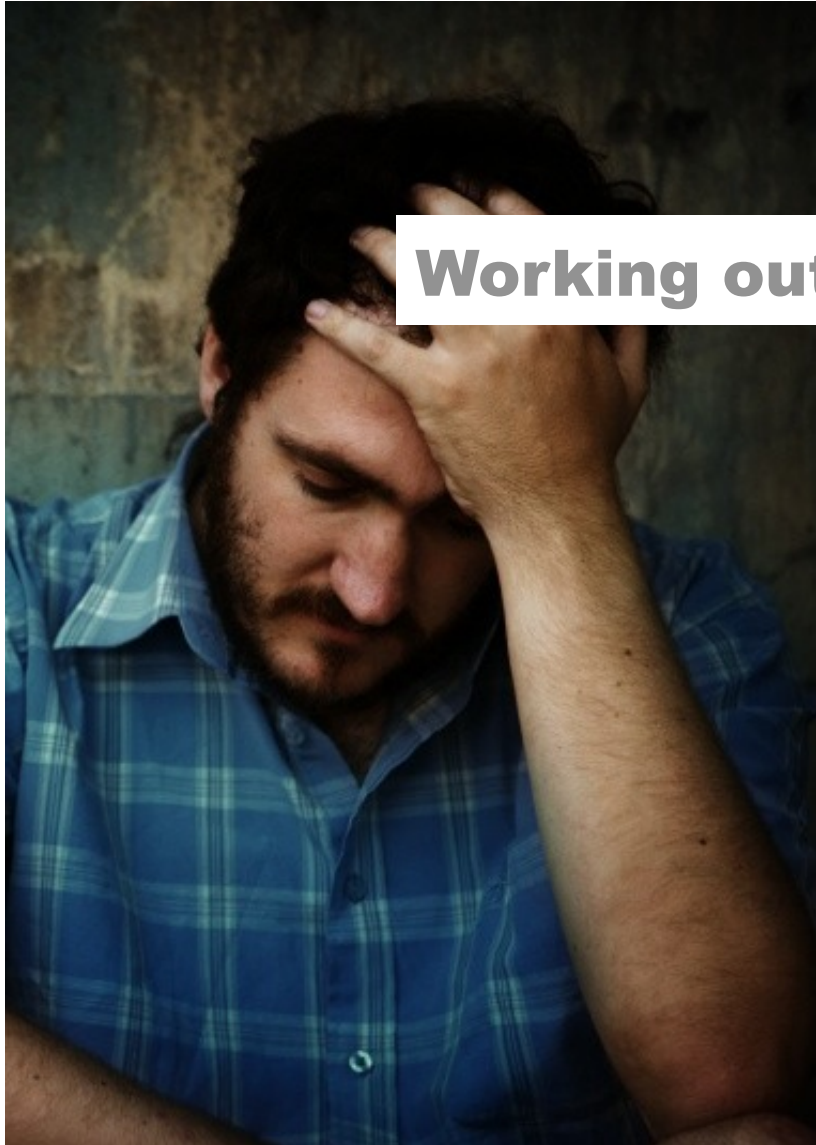


adam clark + tony dines  
gay life coach



Working out →

# LOSS AND BEREAVEMENT

This is a programme for those who have recently been bereaved. It also has valuable resources for those who are about to lose a loved one to illness or old age.

It is designed to help you to work through your loss, and find the resources to begin the rest of your life.

It has been written as four weekly modules, but you can work through it at whatever speed seems right to you.

It will help you to:

- look after yourself as you go through the grieving process
- identify and obtain the support you need as you grieve
- honour your deceased loved one through continuing to live