

## How to join the group.

Just get in touch with me, April Lowe at the Counselling Service.

We will meet so that I can tell you more about the group, answer your questions, and find out if the group is suitable for you.

You can email me at:

[a.lowe@bham.ac.uk](mailto:a.lowe@bham.ac.uk)

Or call into reception at 3 Elms Road and make an appointment.

Or visit our website and enrol online:

[www.intranet.birmingham.ac.uk/counselling](http://www.intranet.birmingham.ac.uk/counselling)

## Comments from group participants:

“I really didn’t know what to think before I came but I’m so glad I did - it’s been incredibly helpful.

“It has made a big difference to me and helped me through university at hugely difficult times”

“Sharing the stories has brought us closer and gave those people a presence here with us. It also broke through the emotional barrier”

“I have found this group a tremendous help to meet other young adults who are in a similar situation.”

## Counselling Service

3 Elms Road, (G4, campus map)

0121 414 5130

[www.intranet.birmingham.ac.uk/counselling](http://www.intranet.birmingham.ac.uk/counselling)

UNIVERSITY OF  
BIRMINGHAM

## Coping with Bereavement Group 2015

A support group for students who have experienced the loss of a parent or sibling.

### Wednesdays

February 11th, 18th,  
25th

March 4th, 11th, 18th  
2015

2.30pm – 4.30pm



# “Are you struggling on your own?”

## *What is this group about?*

One of the major difficulties of coping with the death of a parent or close relative while at university can be a sense of isolation.

It may be difficult to feel that others who are preoccupied with their own issues, can be understanding of what you are going through.

It may seem that, when others are having fun and enjoying themselves, you cannot burden your friends with your difficult feelings and experiences.



## *What to expect ?*

This is a support group which gives you an opportunity to:

- Share with others who have also experienced loss.
- Learn that grief is not a disorder or a sign of weakness.
- Uncover hidden strengths to face distressing feelings.
- Gain support in your struggle to move on with your own life whilst at the same time grieving for your lost family member.
- Meet other students who have been bereaved in their past family history, or more recently, but not in the last 2 months.

*The sessions include working individually and in pairs, small group work, exercises and general discussions.*

## *Feel too anxious to come to the group?*



Working in a group can be daunting at first, but once you get used to it, you may find the support hugely beneficial.

The group is confidential and all your contributions are valued and respected.

In order to give and receive support fully in this group you will need to attend all the sessions.