



Coping with Bereavement

A group to support students who have experienced loss, and allow them to share with those who are facing similar challenges.



What will the group cover?

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 faced bereavement, both recently and in their past.

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

This group will require a pre-assessment meeting with one of the group facilitators in order to ensure that it is suitable for you.

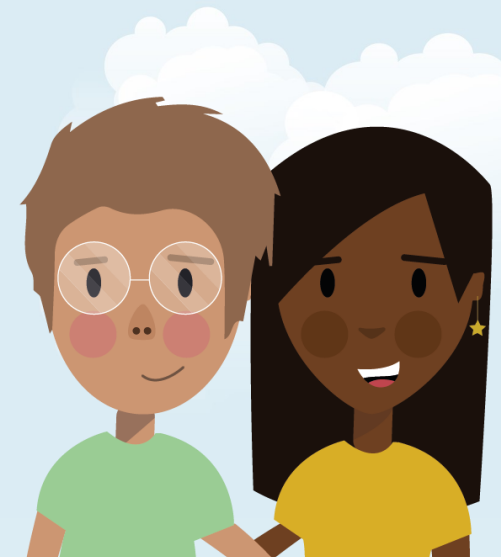
This group will help you...

Listen and talk honestly about what it's like for you to experience your individual challenges.

Give and receive support to one another in a confidential space.

Learn and discover things about yourself, even though this might be uncomfortable at times.

Get involved through talking in pairs and small groups, as well as engaging in a variety of therapeutic activities.



When, where and how...

The group is held on Tuesdays from 14:00—15:30. The first three sessions will be in the *Education Building, Room M37*, and the final three sessions in the *Beale Room (near the Aston Webb Student Hub)* on:

- 26 November 2019
- 3 December 2019
- 10 December 2019
- 14 January 2020
- 21 January 2020
- 28 January 2020

To book onto the group, please complete the booking form at:

intranet.birmingham.ac.uk/wellbeing/workshopsandgroups

Further queries: cw-workshops@contacts.bham.ac.uk

Who is this group for?

This group is for students who are going through a bereavement, either recently or further back in their past. It is for those who have lost a parent, sibling or grandparent who was integral to their upbringing. It may help if you're feeling isolated or if friends and family can't understand what you're going through.

This group may not be suitable if you have very recently faced a loss in the last two months. However, there are a range of support options to help you. Please speak to your wellbeing officer or attend a check-in service appointment .



Top tips to remember...

Remember everyone will be nervous, not just you. It's normal!

You will never be made to talk if you don't want to but the more you take part, the more you'll benefit from the sessions.

The group is confidential and everyone is always respected.

Please make sure you attend all 6 sessions. Change involves a commitment both to yourself and to the others in the group.

