



Living with Our Grief

A course to support bereaved people

Grief is complicated, can be overwhelming and there are so many myths and misunderstandings about it. This course will be a safe space to:

- Understand how grief can affect our bodies, our thinking, ways we behave and bring so many strong emotions such as sorrow, guilt, fear, anger, self-doubt, yearning and remorse.
- Explore common uncertainties such as: “Am I doing it right?”, “Am I normal?”
- Examine concepts such as “moving on” and “closure” which are often said to bereaved people and are not usually helpful.
- Share lots of self-care tips, relaxation, visualisation and mindfulness exercises to help calm and strengthen while experiencing grief.
- Learn how to create rituals and memory-making activities to help as we try to make sense of meaning of our loss.

Maggi Scott will run the course via Zoom. She is a therapist, wellbeing educator and aromatherapist and has worked 20 years in Wester Hailes.

The course is 7 weeks Online. Monday 24 January 10 - 12.30

It is free in partnership with the Wester Hailes Medical Practice.

Apply/Enquire: maggiscott@blueyonder.co.uk / 07914601761