

Sponsored by Bennetts Funeral Directors

Seminars with Dr Bill Webster

Grief counsellor, author, and well-known international speaker

Tuesday 18th March 2025

Dr Bill Webster will share some of the insights he gained from his 40 years of experience as a grief counsellor.

Bennetts Funeral Directors Ltd have been working with Dr Bill Webster since 2009, presenting seminars for professionals and the bereaved, and have received training from him to deliver his bereavement support programme - **The Grief Journey**.

The training has enabled us to run our '**New Era**' bereavement support groups in Brentwood and Billericay, and '**Our Grieving Hearts**', a bereavement support group for those who have lost a much loved child.

Seminar 1: When Life Changes

For the longer term bereaved and for employers looking to support colleagues

Experiencing a significant loss, whether the death of a loved one, an illness or even the loss of a job, can be a very challenging and often misunderstood experience. These experiences cannot be understood in isolation.

Each person's whole world is changed forever by the loss.

Every loss causes grief, and we examine how we can come to terms with this "new life" our loss has thrust us into. Caregivers and grieving people alike need to first understand "the reason behind the reaction", as well as developing effective strategies to support those going through the grief process.

Old Brentwoods Sports and Social Club,
Ashwells Road, Pilgrims Hatch, Brentwood, CM15 9SE
2.00pm - 4.00pm, registration from 1.45pm

Seminar 2: Grief: The Unwelcome Journey

For the bereaved

Losing someone you cared about can be one of the most difficult experiences of life. All too soon, people say, "Let the healing begin" but for the grieving person, often the HURTING has only started. How can we find ways to move through the hurt to find the healing we need and want?

In this seminar, Dr Bill Webster will share some insights he gained from the loss of his wife and more recently the death of his son. He will help you understand what grief is, WHY it occurs, and how it can affect us. He will illustrate the seemingly unusual early emotions of grief, talk about the importance of memories, and answer any questions you may have". We will share a definition of "hope" to encourage us to accept our loss.

St John's Church,
Outwood Common Road, Billericay CM11 2LE
7.30pm - 9.30pm, registration from 7.15pm

Refreshments will be provided at each venue, easy access and parking available.

Booking is not essential, however an indication of attendance to assist with refreshments would be appreciated; to do this or ask for further information

Please call **01277 210104** or email **info@bennettsfunerals.co.uk**

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