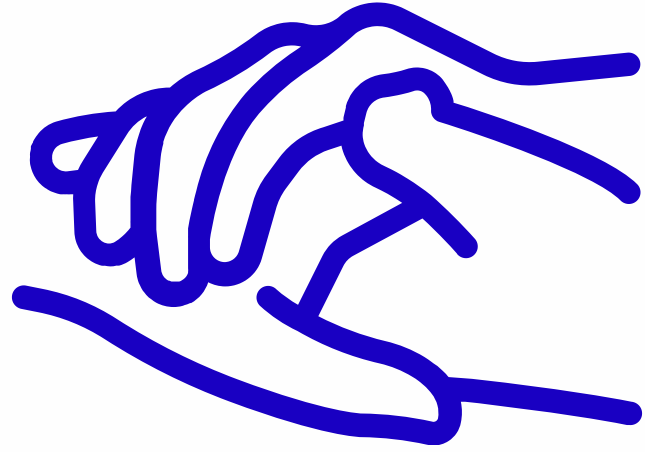


# SPECIALISED BEREAVEMENT TRAINING



**Free training to support bereaved people in the Barnet community. The training is for those working and volunteering in Barnet.**

**By the end of the training the delegates will:**

- A deeper understanding around the various stages of grief
- Learn how to support friends, family, work colleagues who are grieving
- Gain a deeper insight into how to look after themselves whilst supporting others

**All sessions will run on Zoom (between 9:30-11:30am)**

- Monday 25th March
- Monday 15th April
- Monday 29th April
- Monday 13th May
- Monday 10th June