

A six week programme that provides support and understanding for people who have shared a similar experience – bereavement.

## VENUE

**STEPS** meets in the Tata Suite at the Lysaght Institute, Orb Drive, off Corporation Road, Newport NP19 0RA from 7pm until 8.30pm on the Tuesdays listed overleaf.



## REGISTRATION

Pre-registration is required and you may do so either by sending the tear off panel (overleaf) to Tovey Bros 9-11 Cardiff Road, Newport NP20 2EH or by telephoning Tovey Bros on 01633 266848 or Email: [info@toveybros.co.uk](mailto:info@toveybros.co.uk).

For further information please use these contact details.



**‘While we must never minimize the pain and the difficulty of grief, we need to hold on to the hope that some day the pain will subside, and life will have meaning again.’**

Dr Bill Webster



**TOVEYBROS**  
FUNERAL DIRECTORS

9-11 Cardiff Road, Newport NP20 2EH.

Tel: 01633 266848

Email: [info@toveybros.co.uk](mailto:info@toveybros.co.uk)

Website: [www.toveybros.co.uk](http://www.toveybros.co.uk)

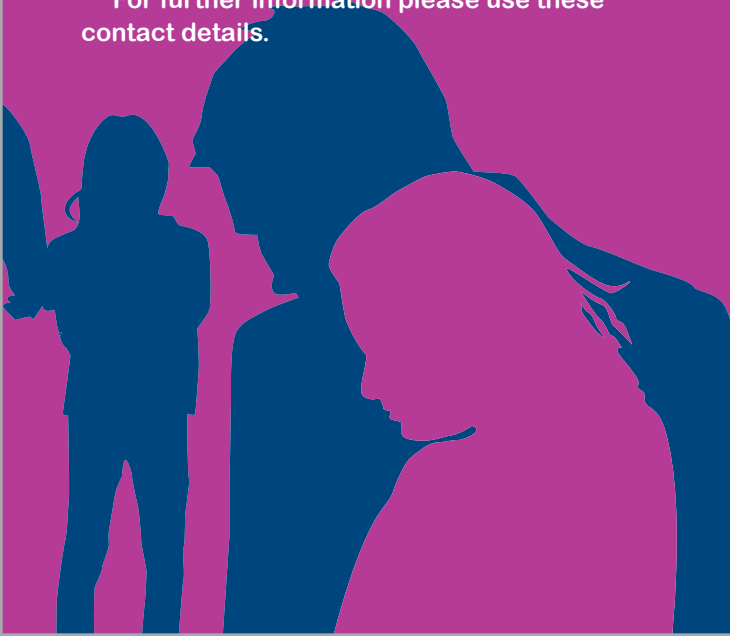


2019

# STEPS

Supporting Those Experiencing Personal Sadness

‘Our aim is to provide a safe place for bereaved people to find support, reassurance and information on their unique, natural but often difficult grief journey.’



Tovey Bros sponsors  
**STEPS** several times during  
the year without any cost to  
those who come along.



The group uses materials produced by  
Dr Bill Webster, founder of the Grief Journey,  
a resource for those going through loss.

Running over six weekly sessions, the  
atmosphere is informal and you are welcome  
to bring a family member or friend to the  
course with you for support. The course is for  
any person who is bereaved, whether recent  
or dating back over the years.

After a significant loss, people often feel  
isolated. The first days of sympathy quickly  
fade as life goes on for those less affected by  
the death. Some seem to expect that everyone  
should 'be strong', and that life should go on  
as normal.

A support group offers a chance to learn what  
grief is; where people can discover that their  
reactions to it are normal and be among  
people who understand. They find it is OK to  
feel the way they do because grief is a natural  
human reaction to loss.

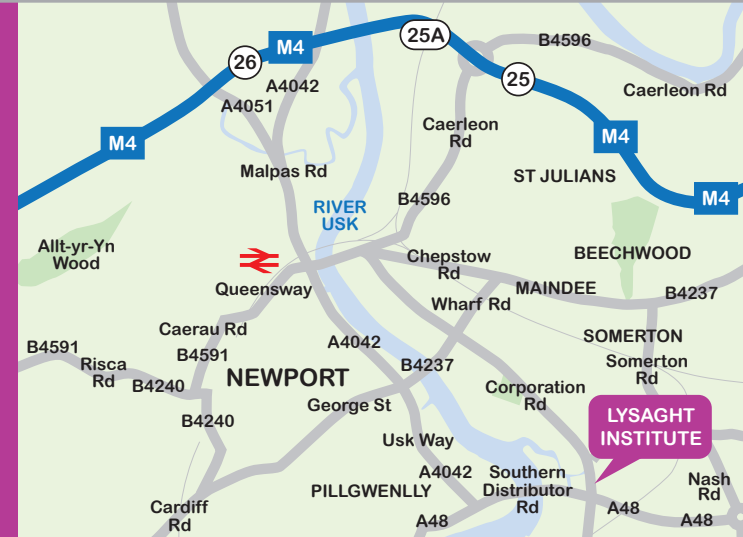
**STEPS** aims to provide a caring  
environment in which people can  
work through the many emotions  
and tasks that lead to  
reconciliation and help  
them to move on.



# STEPS

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Personal Sadness

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that provides support and  
understanding for people  
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Institute, Orb Drive, off Corporation Road, Newport  
NP19 0RA from 7pm until 8.30pm on Tuesdays.

**2019 STEPS Programme (Weekly)**

**Spring:** 19th February, 26th February, 5th March,  
12th March, 19th March, 26th March.

**Summer:** 4th June, 11th June, 18th June, 25th June,  
2nd July, 10th July.

**Autumn/Winter:** 8th October, 15th October, 22nd October,  
29th October, 5th November, 12th November.

**2019 Monthly Post Course Friendship Group**

**Second Thursday of every month (from now on)**

10th January, 14th February, 14th March, 11th April, 9th May,  
13th June, 11th July etc.



## PRE-REGISTRATION FORM

Please select from above your preferred  
six week course:



Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Tel: \_\_\_\_\_

Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Supporting Those Experiencing  
Personal Sadness

Please send this pre-registration slip to Tovey Bros  
9-11 Cardiff Road, Newport NP20 2EH.