

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

## VENUE

STEPS meets at the Lysaght Institute, Orb Drive, off Corporation Road, Newport NP19 0RA from 7pm until 8.30pm on the Thursdays 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) or via our Facebook page.

For further information please use these contact details.



**‘While we must never minimise 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)

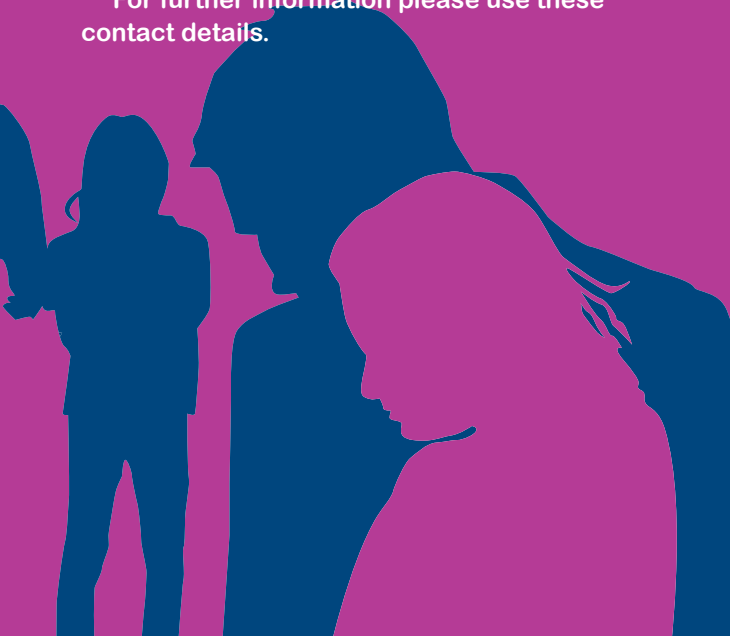
2022



# 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.



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**STEPS COURSES 2022 (Thursdays)**

**Spring:** 3rd March, 10th March, 17th March, 24th March, 31st March, 7th April.

**Summer:** 9th June, 16th June, 23rd June, 30th June, 7th July, 14th July.

**Autumn:** 13th October, 20th October, 27th October, 3rd November, 10th November, 17th November.

**STEPS FRIENDS 2022 (Tuesdays)**

11th January, 8th February, 8th March, 12th April, 10th May, 14th June, 12th July, 9th August, 13th September, 11th October, 8th November, 13th December.



## PRE-REGISTRATION FORM

Please select from above your preferred six-week course:



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

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

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

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

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



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