



Life after death?

Living well after bereavement Led by Mandy Stanton

9th to 11th September 2019

For more details contact Whalley Abbey at:

Tel: 01254 828400 — Email: office@whalleyabbey.org

Website: www.whalleyabbey.org

Losing a spouse or partner is hugely traumatic. Books and support may help with the immediate issues and feelings — but what happens later on?

On this retreat we will explore together how to choose to live fully without the person we expected to grow old with.