

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 four or 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

Supporting Those Experiencing
Personal Sadness

A four or 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 on
Wednesday evenings or mornings.

STEPS COURSES 2023

Spring (Wednesday evenings 7pm-8.30pm): 22nd February,
1st March, 8th March, 15th March, 22nd March, 29th March.

Summer (Wednesday mornings 10.30am-12.30pm):
7th June, 14th June, 21st June, 28th June.

Autumn (Wednesday evenings 7pm-8.30pm):
13th September, 20th September, 27th September,
4th October, 11th October, 18th October.

Coping with Christmas: Wednesday 6th December 7pm-8.30pm.

FRIENDS

Details will be announced at each course and on our website.



PRE-REGISTRATION FORM

Please select from above your preferred
four or 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.