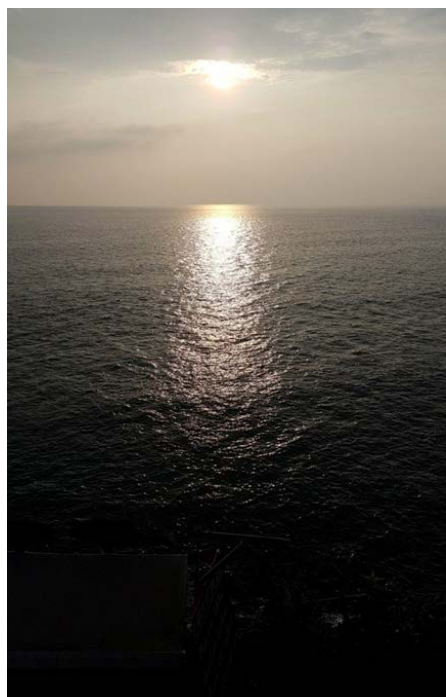


TAKE TIME

Take Time is a weekend retreat for Friends who care for someone who has problems with their mental health; 6-9. September 2019 at Woodbrooke.

If someone you love has problems with their mental health they are likely to need support. Some people need a lot of care:



supporting someone in this way can change your life.

This weekend offers space and quiet; company and activity. There will be worship, time together, time to share, information and nurturing activities. Reflect on the spiritual journey of your caring; meet other Friends; gain strength to continue your caring.

All activities will be optional – come and find your own path through this weekend.

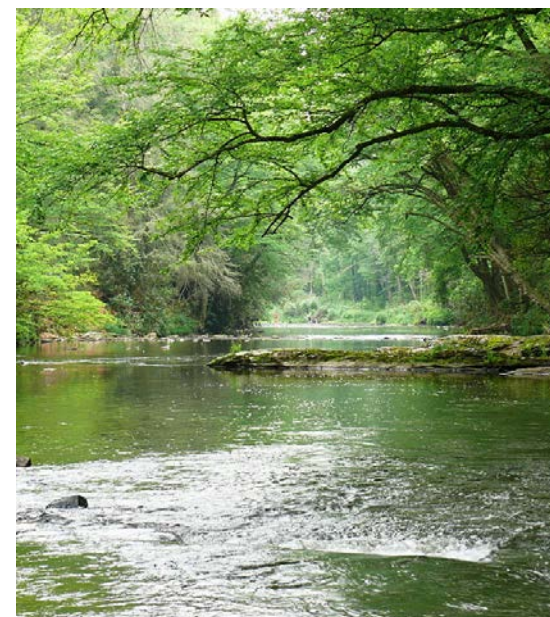
If you have eldership or oversight responsibilities please think about any Friends in your meeting who might benefit from coming. They may need encouragement to attend – and maybe financial support.

<http://bit.ly/take-time-wbk>

OUR REFLECTIONS AND RESPONSES TO MORTALITY AND GRIEF

Our reflections and responses to mortality and grief is a weekend retreat for Friends wishing to explore their relationship with dying, death and end of life issues. The retreat takes place at Woodbrooke on 28-30 June 2019.

In accepting the fact of death, we are freed to live more fully. This retreat will give you space to reflect individually and with other Friends on the end of life – your own death, preparing for death, or the experience of grief. This event is hosted by Quaker Life's end of life cluster. This event is grounded in Quaker worship and does not offer therapy.



www.woodbrooke.org.uk/item/mortality-and-grief

Britain Yearly Meeting
and Woodbrooke
working in partnership

