

# GOOD GRIEF

A FESTIVAL  
OF LOVE & LOSS

# ROOM 2

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## FRIDAY 30 OCTOBER

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09.30-11.00 **Making Friends with Your Afterlife**

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11:15-12:15 **Grief in Shakespeare**

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12:45-13:30 **Writing Poetry for Lost Loved ones**

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14:45-15:45 **How to Support Someone Who's Bereaved**

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16:45-17:15 **Creating Meaningful Funerals + Memorial Ceremonies**

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17:30-18:30 **Good Grief Trust - Pop Up Grief Cafe\***

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## SATURDAY 31 OCTOBER

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09:00-10:00 **Feel Into It - Yoga to Explore Feelings**

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10:15-11:15 **Self Counselling Through Art**

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11:30-12:30 **Writing Memoir to Heal with Nikesh Shukla**

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12:45-13:45 **Death Cafe - Saturday\***

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14:15-15:15 **The Work that Reconnects - Confronting Climate Grief\***

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15:30-16:30 **Life's Questions - Talking to Young People about Grief**

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16:45-17:45 **Virginia Woolf and the Literature of Loss**

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18:00-18:45 **The Philosophy of Grief**

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## SUNDAY 1 NOVEMBER

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09:30-10:30 **Feel Into It - Yoga to Explore Feelings**

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11:00-12:00 **Grief in Literature**

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13:30-15:00 **Making Friends with Your Afterlife**

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15:15-16:15 **Grief in Film**

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17:00-18:00 **The Human Memorial - Tattoos and Grief**

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\* Limited places and fully booked