**Bereavement café-Themes/questions for discussion 2024-2025**

**October 25th- There is a life to celebrate**

What were some of the things he/she felt were important in life?

What word best describes how he/she lived his/her life?

**November 29th –Christmas preparations**

How did you and your loved one prepare for Christmas? Was there a specific role he/she performed? How will you spend Christmas this year?

**2025**

**January 31st-The celebration of Christmas**

How was Christmas? Did you do anything that honoured the memory of your loved one? Bereavement Mass 8th February

**February 28th –There is a legacy**

What saying or mannerisms did he/she have?

Who in the family is most like him/her?

What way of thinking do you think he/she has passed on to the family?

**March 28th-Coping with moments of grief**

What stage would you say you are at with your grief? Anger, denial, bargaining, depression, acceptance

What activities do you get involved in to help you cope with your grief?

**April 25th-The funny and not so funny!!**

Tell us about a funny moment you shared with your loved one?

What did you like most about your loved one?

What did they do that irritated you?

**May 30th- The tangible items**

Bring 2 items belonging to your loved one and talk about them

**June 27th- The spirit being present**

How do you keep the name of your loved one alive?

What part do your family/friends help with keeping the name of your loved one alive?

**July 25th-Memorable holidays and/or days out**

What was your favourite location with you and your loved one and why?

What do you now do in terms of a holiday or break?

**August 29th- Changing life as a result of bereavement**

How has your daily/weekly routine changed since losing your loved one?

Has your family changed since the passing of your loved one? In what way?

**September 26th-Talking about death**

Should we as a society talk more about death and dying?

Are there any words, written or spoken, about death that you have found helpful?

Conclusion- Topics you would like to talk about for future sessions