



## Jewish Bereavement Counselling Service (JBCE)

Sadly, we will all experience a loss or bereavement at some time in our lives. People react in their individual and unique way and may experience many different feelings. When someone close dies, you may feel sadness, anger, fear, guilt, loneliness or denial. All of these feelings are natural reactions, but the intensity may leave you feeling that you are not managing everyday life in the way that you would like.

Many people need support following a bereavement, and often family and/or friends can be of great help. Yet, it may be difficult to talk to those we know well about our emotions.

Sometimes it may be helpful to talk to someone who is not emotionally involved but is there to listen and care.

Our bereavement counsellors have specific knowledge of the grieving process and can provide support which may assist you to:

- understand your feelings
- identify additional support available
- readjust to a different life situation

### What is the Jewish Bereavement Counselling Service?

The Jewish Bereavement Counselling Service has offered its service for over 20 years to members across the Jewish Community. The Jewish Bereavement Counselling Service consists of a team of volunteer counsellors who are professionally supervised and trained to work with people of all ages.

### For more information please contact:

**JBCE**

**Tel: 020 8951 3881**

**Email: [enquiries@jbcs.org.uk](mailto:enquiries@jbcs.org.uk) [1]**

**Website: [www.jbcs.org.uk](http://www.jbcs.org.uk) [2]**

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### Links

[1] <mailto:enquiries@jbcs.org.uk>

[2] <http://jbcs.org.uk/>