



Seasons for Growth is offering a 2 day group “Exploring the Seasons of Grief”

Although we usually link grief with death, it is in reality the process by which we make a healthy adjustment to any significant loss in our lives.

This educational program provides an opportunity for you to:

- Better understand and manage your particular loss experience
- Learn about the 4 tasks of grief and the significance of these as you work through change and loss
- Explore important issues such as feelings, memories, forgiveness, choices and support networks
- Recognize the value of your story and that life, like the seasons, is always changing,
- Draw on the imagery of the seasons as an effective way to think about the experience of grief



2012 Dates:

6-7 March

22-23 May

7-8 August

1-2 November

Time:

9.30am—3.00pm

Where:

Catherine McAuley Building
Rear 841 Hunter Street
Newcastle West

Cost:

\$60 (includes GST)

Price includes journal, resources & morning tea

Members of the Diocese of Maitland-Newcastle are subsidized for this group.

Numbers are limited and bookings are essential.

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