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CATHOLIC SCHOOLS
OFFICE

DIOCESE OF MAITLAND
-NEWCASTLE



WINTER

2011

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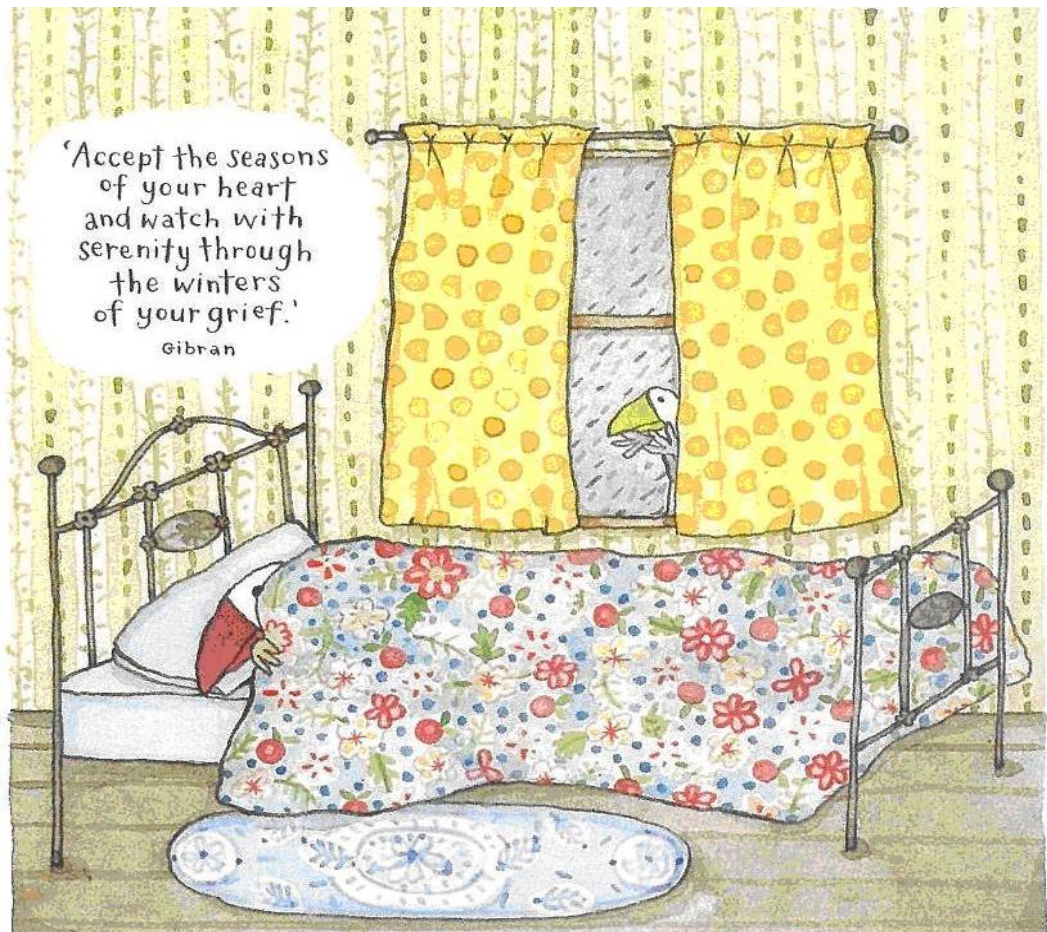
INSIDE

THIS ISSUE:

Calendar 2

Resources 3

Articles and
Useful Links 4



The NEW Good Grief website is now *LIVE!*

For those of you who had registered on the old site, your username is now your email address. You will need to update your password — visit www.goodgrief.org.au and follow the instructions.

It is essential that ALL companions be registered with GoodGrief for ongoing Accreditation and ordering of resources.

Training

COMPANIONING ADULTS

14-15 September 8.45-4.00

Catherine McAuley Building
841 Hunter Street Newcastle West
Cost: contact us on 4979 1355

COMPANIONING YOUNG PEOPLE

16-17 November 8.45-4.00

Catherine McAuley Building
841 Hunter Street Newcastle West
Cost: contact us on 4979 1355

Registrations are completed online at www.goodgrief.org.au Please contact us on **4979 1355 or 0409309981** if you need assistance with the application.

BOOKINGS ARE ESSENTIAL

Reconnectors

(only for Seasons for Growth Companions)

It is important that Companions attend a Reconnector every **two** years.

This is a necessary part of your Accreditation.

7 September

**Time to be confirmed
Holy Spirit Infants Abermain**

9 November 9.30-1.30

**Suicide safeTALK, Newcastle
Cost: gold coin donation**

Contact us to arrange a Reconnector at your school/organisation on one of the dates below:

- **21 September**
- **20, 25, 26, 27 October**
- **1, 2, 3, 8, 10, 24, 29, 30 November**
- **1 December**

Registrations for Reconnectors (when date and time are confirmed) are completed online at www.goodgrief.org.au

Please contact us on **4979 1355 or 0409309981** if you need assistance with the application.

Accreditation

For your Accreditation Process, please continue to let Benita or Jenny know if you are running any groups.

Don't forget to send copies of your evaluations to us.

Adult Groups

Understanding Change, Loss & Grief

3 hour Seminar

This seminar provides a learning opportunity for adults who wish to increase their understanding of change, loss and grief.

Contact us to discuss dates and cost.

Exploring the Seasons of Grief

Small Group program

Seasons for Growth two-day groups are for Adults wishing to explore personal grief issues.

22-23 November 9.30-3pm

Contact us to discuss costs

Community News

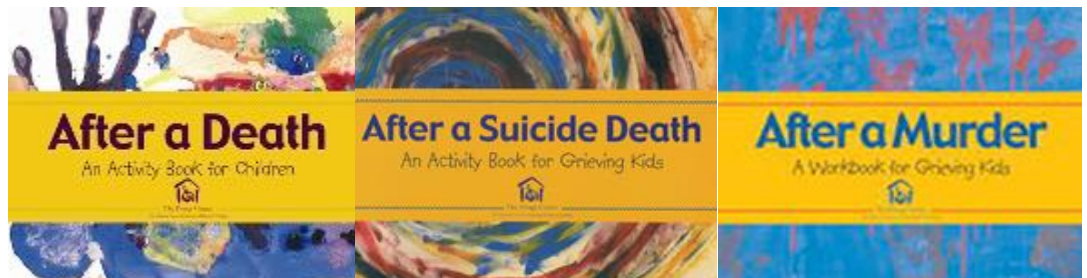
- Do you provide care and support to another person? You are invited to attend **FREE Carer Information Workshops** running each Thursday over 3 weeks - **1st, 8th 15th September** East Maitland Bowling Club Banks Street, East Maitland 9.30am -2.00pm Morning Tea & Light Lunch Provided
- **Carers Expo: 13 October** 9.30– 3.30 Cardiff Panthers, Cnr Pendlebury & Munibung Roads, Cardiff
For more information or to register for either of the activities above contact EDuCARE on: 4921 4895 or 1300 887 776 or Email: Educare-Admin@hnehealth.nsw.gov.au
Please RSVP for catering purposes
- **Sids and Kids Lower Hunter support group 5th September** 6.00 – 8.00 pm Meeting Room - Maitland City Motel 258 New England Highway Rutherford
- **Seasons for Growth Conference October 13-14.** Traditionally a bi-annual Trainer's Conference, this year the Conference has been opened up to Companions too and promises to be a great chance for reflection, learning and spending time with like-minded Companions. **More information can be found at: www.goodgrief.org.au**

Hunter Book Club and other Resources



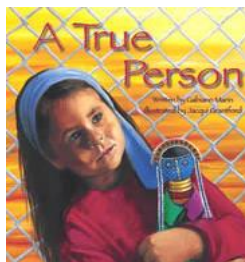
The Blue Polar Bear, The Flying Dream and other Dual Diagnosis resources

Visit: http://www.community.nsw.gov.au/about_us/news_and_publications/dual_diagnosis_resources.html
The books and resources are intended to help workers, carers and parents introduce the issues of parental dual diagnosis and explore concerns that children or family members may have. It provides positive strategies for coping with dual diagnosis, as well as contacts for help and support. **These resources are not intended to replace the professional assessment or health care provided by qualified health professionals. Always seek assistance from your local health care provider when required.**



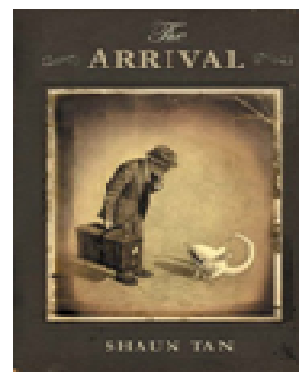
'After a Death' series from the Dougy Centre for Grieving Children and Families

This invaluable series of children's activity books by **The Dougy Centre for Grieving Children and Families** offer children a creative outlet for understanding the feelings brought on by grief through death, or specifically death by murder or suicide. Through other children's stories, thoughts and feelings comes the understanding that they are not alone in their experience. All workbooks include drawing activities, puzzles and word games specific to the unique experiences brought on by type of death, including explanations of the police, media and legal systems.



A True Person by Gabiann Marin Zallah and her mother have escaped their war torn country and are looking for safety in Australia. Instead of freedom they find themselves in a refugee detention centre. Zallah struggles with the reason for this punishment. A True Person is a moving story which highlights the bond between Mother and Daughter in times of adversity. For Zallah there is a light at the end of the tunnel and we celebrate with her as she realises what it means to be A True Person.

The Arrival by Shaun Tan is a migrant story told as a series of wordless images that might seem to come from a long forgotten time. A man leaves his wife and child in an impoverished town, seeking better prospects in an unknown country on the other side of a vast ocean. He eventually finds himself in a bewildering city of foreign customs, peculiar animals, curious floating objects and indecipherable languages. With nothing more than a suitcase and a handful of currency, the immigrant must find a place to live, food to eat and some kind of gainful employment. He is helped along the way by sympathetic strangers, each carrying their own unspoken history: stories of struggle and survival in a world of incomprehensible violence, upheaval and hope.



Articles/Publications/Useful links

- **STARTTS - NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors**
The service helps refugees recover from their experiences and build a new life in Australia.
For more information on their service visit <http://www.startts.org.au/>
- **Couples: In the Light of Love - Una and Denis Glennon** Since their daughter, Ciara, was murdered more than 13 years ago, the Glennon's lives have changed irrevocably. From paralysing grief to living a meaningful life again has been a long and painful journey, with profound soul searching. They are both 'in a good place' now, but getting there has been a trial of faith, trust and love, and a marriage that had to bend with each other's needs. Although each person's grief is unique, they hope their experience, which is partially told in Una's book *Ciara's Gift* can help others through similar circumstances. Visit <http://www.abc.net.au/rn/spiritofthings/stories/2011/3278278.htm> to listen to their interview; Una's website <http://unaglennon.com/>
- **Life is for Living** transcript of **Youth Bullying and Suicide Prevention** live chat online with Dan Mobbs, Clinical Practice Supervisor at Boys Town (Kids Helpline) can be found at <http://www.livingisforeveryone.com.au/LIVE-chat-with-Dan-Mobbs---April-2011.html>
- **World Suicide Prevention Day 10th September 2011** in the lead up to World Suicide Prevention Day **Lifeline Newcastle and Hunter** are hosting a morning tea to explore a new push for greater openness and transparency in discussing suicide. Visit <http://www.lifelinehunter.org.au/index.php/home> for information on the services and support provided by LIFELINE Newcastle and Hunter. Contact Jodi jodi@lifelinehunter.org.au or 4940 2042 for more information about the morning tea - 8th September.
- **Grandmothers and grandfathers looking after grandchildren: Recent Australian research** this article presents a snapshot of findings from a research project about the experiences of Australian grandparents who regularly care for grandchildren.
Visit <http://www.aifs.gov.au/afrc/pubs/newsletter/frq018/frq018-3.html>



Seasons for Growth is now located at...

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Best wishes from Benita & Jenny

