

SEASONS FOR GROWTH®

A program to help people understand and manage

Change,
Loss & Grief

and develop
strategies for coping

Seasons for Growth is offering ADULT GROUPS...

Exploring the Seasons of Grief

This two-day program is educational, focusing on understanding and managing the particular losses experienced by participants. It provides a sound framework and safe learning environment for adults to explore issues of change/loss such as death, separation, divorce, relationship breakdown, disability, unemployment, illness, or other significant life events.

2010 Dates: 10-11 February
5-6 May
3-4 August
2-3 November

Time: 9.00am—3.00pm

Where: 58 Gipps St, Carrington

Cost: \$30 [incl journal, resources and morning tea]

Numbers are limited and bookings are essential.
Please contact **Seasons for Growth** on
Ph 4961 0579

