



**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



Date: To be confirmed

Time: 9.00am—3.00pm

Where: 58 Gipps St, Carrington

Cost: \$55 (includes GST)

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

Price includes journal, resources & morning tea

Numbers are limited and bookings are essential.

Ph: **4961 0579**

E: seasonsforgrowth@mn.catholic.org.au

