



**A program to help people Understand  
Change,  
Loss & Grief  
and develop strategies**

**Seasons for Growth  
is offering  
3hr introductory modules...**

The aim of this session is to provide a learning opportunity for adults who wish to increase their understanding of change, loss and grief.

The session introduces information about the nature of loss, possible grief reactions, causes that impact on grief and ways to attend to grief.

**2010 Dates: 16 February  
13 May  
11 August  
24 November**

**Time:** 9.30 - 12.30

**Where:** 58 Gipps St, Carrington

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

Numbers are limited and bookings are essential.

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