



**Seasons for Growth
is offering a
3hr Seminar on
change, loss & grief**

Participants will have the opportunity to increase their understanding of change, loss and grief and learn strategies to assist others through their grief journey.

We will explore:

- The nature of loss
- Possible grief reactions
- Causes that impact on grief and
- Ways to attend to grief

Dates: 24 May, 2011
25 August, 2011
9 November, 2011

Time: 9.30 - 12.30

Where: 58 Gipps St, Carrington

Cost: \$55 (includes GST)
Members of the Diocese of Maitland-Newcastle are subsidized for this presentation.

Price includes journal, resources & morning tea

Numbers are limited and bookings are essential.

Ph: **4961 0579**

E: seasonsforgrowth@mn.catholic.org.au

