



A program to help people understand and manage
Change, Loss & Grief
and develop Skills and Strategies for Coping



Exploring the Seasons of Grief

Using the metaphor of the seasons to explain change, loss and grief, this two-day, peer-support, educational program explores the belief that grief is a normal and valuable part of life. The program aims to produce a sense of resilience, personal growth and acceptance of change in the lives of the participants.

Exploring the Seasons of Grief provides individuals with the knowledge, skills and attitudes to assist them in understanding and managing their grief experience. These experiences include death, separation, divorce, relationship breakdown, living with disability, unemployment, illness, or other significant life events that have impacted on our lives.

When: Wed 1st July—Thurs 2nd July, 2009

Time: 9.00am—3.00pm

Where: 60 Gipps St, Carrington
(Meeting room behind St Francis Xavier's Church)

Cost: \$30 (covers journal, morning/afternoon tea)

NUMBERS ARE LIMITED AND BOOKINGS ARE ESSENTIAL
Please contact **Seasons for Growth** on Ph 4961 0579