

# 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.

**Date:** 10-11 February, 2010

**Time:** 9.00am—3.00pm

**Where:** 58 Gipps St, Carrington

**Cost:** \$55 (includes GST)  
\$30 (DOMN employees/members)

Price includes journal, resources & morning tea

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

