



A program to help people Understand

Change,

Loss & Grief

and develop strategies  
to help others

*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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