Seasons: a grief and loss program

Education Program for Adults

A 3 week program for adults to examine how issues of death, separation and divorce have impacted on their lives.

The sessions explore:

- The reactions associated with their grief
- The grief process
- Skills for coping
- Building a support network
- Restoring self-confidence and self-esteem

Date: Wednesday, 10th, 17th and 24th August, 2016
Time: 1 – 3 pm
Venue: St Mary’s Primary School, Hiller Lane, Hamilton
Cost: $10.00
Bookings: Centacare, Family Relationship Services.
            Marea Sholly, Practitioner.
            PH: (03) 5559 3000
            Email: marea.sholly@centacarewarrnambool.org.au

BOOKINGS ESSENTIAL by 8th August to Marea