

Seasons for Growth: Exploring the Seasons of Grief

Everyone experiences change and loss throughout their lives, such as the death of a loved one, the end of a relationship, changing jobs and moving house. The grief that accompanies change or loss can be hard.

Sometimes grief can make it difficult for us to be the parents we want to be.

Exploring the Seasons of Grief is a small group program where you will meet other parents who are travelling their own grief journey and learn some skills to help you manage your own loss experience.

Date: 14th, 21st, 28th June & 5th July 2019
Program runs over four Fridays

Venue: CALM
77 The Boulevard
Toronto 2283

Time: 10am—12:30pm (morning tea provided)

Cost: \$10 towards the cost of a workbook

Who: For parents of children 0 – 12 years



**For registration and enquiries please contact
Sue or Kath from CALM on 4950 3855 by the 17th May 2019**

SORRY NO CHILDCARE IS AVAILABLE

*“Grief involves every person, object or incident from which I have walked away
with a sense of being incomplete”*

Elaine Childs-Gowell



A project of Community Activities Lake Macquarie

