

Seasons for Growth - Adults



Understand

Understand the grief process and recognise your feelings and reactions to loss are normal.



Develop

Develop skills for coping, problem solving and decision-making. Build a peer-support network



Restore

Restore self-confidence and self-esteem

About the Workshop

The Seasons for Growth Adult Program consists of two separate components:

- Understanding Change, Loss and Grief (1 x 3 hour seminar session)
- Exploring the Seasons of Grief (8 hours in total, 4 x 2 hour small group workshop sessions)



Australian Government



Queensland Government



Fraser Coast
REGIONAL COUNCIL