

Seasons for Growth - Tailored Presentations



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 workshops can be tailored presentations for your community's specific needs.

Content can include stress, burnout, vicarious trauma, compassion fatigue, self-care, mental wellbeing – anything mental health/wellbeing related.



Australian Government



Queensland
Government



Fraser Coast
REGIONAL COUNCIL