



# SEASONS FOR GROWTH

A change, loss and grief program for adults



This program is designed to help anyone who has experienced significant change such as loss, death, family breakdown, or other change which has had an impact on their wellbeing. Seasons for Growth is led by trained facilitators.

Through this program, you can learn to:

- understand and normalise emotions associated with change, loss and grief
- explore new approaches to dealing with change, loss and grief
- build decision making and problem solving skills
- grow a supportive network of peers
- integrate your learnings into your relationships with family and friends

**4 x 2-hour sessions**  
**Friday 1st March - Friday 22 March 2024**  
**10:30am - 12:30pm**  
**CatholicCare Victoria, Bendigo Office**  
**Cost: \$15, workbook included**

## TO REGISTER, PLEASE CONTACT:

**Family and Relationship Team**

**T (03) 5438 1300**

**E [bendigo.reception@catholiccarevic.org.au](mailto:bendigo.reception@catholiccarevic.org.au)**

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