

# 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:** 7<sup>th</sup> – 28<sup>th</sup> June 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 17<sup>th</sup> 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

