

# Seasons for Growth.

**Build resilience and promote your social and emotional wellbeing as you adapt to change, loss and grief.**

Anyone who is living with the effects of change and loss. Like the loss of someone or something you loved, diagnosis of illness, family and life changes or moving somewhere new

Learn about the personal impacts of change, loss, and grief, in a safe and supportive group environment. Improve your wellbeing, learn new coping skills to manage how you are feeling and connect with others.

## What will I learn?

- How different people respond to change, loss and grief
- Understand that it is normal to experience a range of grief reactions
- Build communication, decision making, problem solving skills and explore new approaches in dealing with change, loss, and grief in their lives

Funded by the Australian Government Department of Social Services. Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.

## For more information or to make a booking

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