

Seasons for growth



A group for adults who have experienced significant change

Change, loss and grief are a normal part of life.

Learn that you are not alone in your experience in a safe and supportive peer group learning environment.

Change affects everyone differently, as does grief. It's the impact of the change, not the event itself that our group focuses on.

Held over four weeks, you will

- Explore the range of emotions that accompany loss
- Share the challenges
- Learn strategies to assist you to manage grief
- Explore the importance of feelings, memories, forgiveness, choices and support networks in your life

Cost
Free

Date
Wednesdays
May 18th – June 8th 2022

Time
10AM–12:30PM

Venue
Uniting
55 Webb Street
Narre Warren 3805

Get in touch
For more information, or to enrol please contact

Group Workers
03 5990 8400

Bookings Essential

Uniting