

Seasons for Growth

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Seasons for Growth helps children and young people to learn about how the death of a loved one, parental separation/ divorce, or other significant loss event may impact on their lives and develop the knowledge, skills and attitudes required to understand and respond well to such experiences, including:

- Understanding the grief process
- Recognising their feelings and other reactions to loss are normal
- Developing skills for coping, problem solving and decision making
- Building a peer-support network and restoring self-confidence and self-esteem.

Time: 9:30am-3pm

Date: 2-day Program - Monday 19th & Thursday 22nd September
 -Monday 26th & Wednesday 28th September

Venue: Centacare- 56 Davenport St, Southport QLD 4215

Cost: \$25

For more information or to book:

Phone: 5552 6500

Email: cfrs-gc@bne.centacare.net.au

