

Seasons for Growth

Seasons for Growth is an education program that supports adults to develop the knowledge, skills and attitudes to understand and respond well to experiences of change, loss and grief. It incorporates sound adult learning principles to help build resilience and promote the social and emotional wellbeing of adults as they adapt to change, loss and grief in their lives.

Seasons for Growth supports connection with others going through similar circumstances, fostering emotional literacy and resilience as a pathway to improved social and emotional wellbeing. Specifically, the program provides a safe learning environment for adults to:

- Acknowledge their experiences and recognise they are ‘not the only one’
- Understand that their feelings and other behavioural reactions are normal
- Develop skills for coping, positive choices, goal-setting and decision making
- Build a peer support network and a felt sense of belonging and connection
- Help restore self-confidence, self-esteem and self-respect.

‘Companions’ facilitating the following events attend ten-hours of training which involves engaging with the evidence and theoretical foundations underpinning the program, and exploring the program content via an ‘inside out’ approach that immerses Companions in the key learning outcomes and activities. Trained Companions are supported with a comprehensive set of materials and access to an online portal offering additional resources, networking opportunities and support.

Understanding Change, Grief and Loss Seminar

Saturday, 12 September

Understanding Change, Loss and Grief is a 3-hour seminar for people with an interest in learning about what grief is, its potential triggers and impacts, as well as strategies to manage it and move forward. Participants may be interested in finding out about grief for personal reasons or they may be involved in work (e.g. parish work or pastoral work) that would benefit from a deepened understanding of the impact of loss and change.

The seminar is intended to remain objective and educational - it is not a grief support group.

The session begins at 9.30am with morning tea provided. The finish time is 1.00pm.

Cost = \$16.00 for the *Seasons for Growth: Understanding Change, Loss and Grief* workbook.

All Grief Support events will be held at the Catholic Pastoral Centre, 40a Mary Street, Highgate (enter the carpark from Harold Street).

Contact Catholic Outreach on (08) 9422 7920 or outreach@perthcatholic.org.au