



Catholic Outreach

Care Concern Service

...helping you help others

The following events will be held at the Catholic Pastoral Centre, 40a Mary St, Highgate. (Parking is off Harold Street.)

Understanding Change, Loss and Grief

4 October

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 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 (see *Exploring the Seasons of Grief* below).

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

Cost = \$13.00 for the *Seasons for Growth: Understanding Change, Loss and Grief* workbook.

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

Register by 30 September.

Exploring the Seasons of Grief

GROUP 1: 15, 22, 29 August, 5 September
OR
GROUP 2: 1, 8, 15, 22 November

Exploring the Seasons of Grief is a small group (4-7 participants), peer-based educational program made up of four sessions. It offers opportunity for individual reflection and group discussion.

Exploring the Seasons of Grief aims to build resilience and bring peace and hope to adults who have experienced significant change or loss. Grief may be due to any number of experiences: bereavement, relationship breakdown, moving to a new country, job loss, experiencing a natural disaster etc. *Exploring the Seasons of Grief* provides an opportunity to examine how loss and grief have impacted on one's life. It imparts knowledge, skills and attitudes to enable participants to understand and manage their grief experience.

Each session begins at 9.30am (with morning tea provided) and finishes at 1.00pm.

Cost = \$26.00 for the *Seasons for Growth: Exploring the Seasons of Grief* journal.

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

GROUP 1: Register by 8 August

GROUP 2: Register by 24 October

