

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.

Exploring the Seasons of Grief Adult Program

Saturdays: 6, 13, 20, 27 June OR Saturdays: 7, 14, 21, 28 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 = \$28.50 for the *Seasons for Growth: Exploring the Seasons of Grief* journal.

NB: It is suggested that anyone impacted by bereavement wait 6-12 months before participating in a *Seasons for Growth* adult program.

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