



# Seasons for Healing Workshop



**Change affects everyone differently, as does grief.**

**It is the impact of the change, not the event itself that *Seasons for Healing* focuses on.**

***Seasons for Healing*** (developed in partnership by Good Grief and Aboriginal Family Support Services with funding provided by the Aboriginal and Torres Strait Islander Healing Foundation) is a culturally appropriate program that supports Aboriginal and Torres Strait Islander adults to understand and attend well to their grief. Training enables educators and professionals to run ***Seasons for Healing*** groups within their own community. Learn the theory and principles behind the program and the skills and techniques necessary to implement the program.

## Outcomes

The ***Seasons for Healing*** program provides the support and space to:

- **Learn** about how different people respond to change, loss and grief
- **Explore** their own story and how this relates to the story of the seasons
- **Understand** that it is normal to experience a range of grief reactions
- **Learn** about how to manage feelings and memories
- **Take** part in a supportive peer group
- **Use** their new learning within their relationships with family, friends and others
- **Make** plans for their self-care in the future

## How is it delivered?

Two trained “Companions” co-facilitate the small group program with 4-7 participants. *Seasons for Healing* contains four 2.5-hour sessions delivered over two or four days.

"There were lots of activities to do. The activities helped us to voice it - having it in front of you helped to release it in words." Companion, *Seasons for Healing*

Attend this 2 Day training to become a qualified *Seasons for Healing* Companion

**Date:** Wednesday 8 and Thursday 9 June 2022

**Time:** 9.30am to 3.30pm

**Venue:** Club Nowra, 40 Junction Street, Nowra NSW 2541

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**[CLICK TO REGISTER](#)** - please book before Monday 30 May 2022.