



The Seasons for Healing workshop supports the social and emotional wellbeing of Aboriginal and Torres Strait Islander adults by helping to build resilience and keep spirits strong through the journey of grief, loss, and change. In a safe and supportive group environment, you'll explore the personal impacts of change, loss, and grief, learn practical coping skills to manage your feelings, connect with others, and strengthen your overall wellbeing.

Seasons for Healing aims to provide a culturally informed approach to support the social and emotional wellbeing of Aboriginal and Torres Strait Islander adults who have experienced significant change and loss by exploring the impact of the change and loss on everyday life and learning new ways to respond to these changes.

DATE: 2 x Sessions

Contact us to find out the next scheduled program

TIME: 10am to 12:30pm

LOCATION: SCMSAC Falls Creek Office

Expressions of Interest: Contact SCMSAC 1800 267 327 and ask to speak with Cheryl Foster or Kelly-Ann Griffin, or email: fcs@southcoastams.org.au. Transport is available upon request.

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