

SEASONS FOR GROWTH

A Support Programme for Carers to explore the effects of change and loss in their lives

The Grief Centre, in conjunction with *Seasons for Growth*, is running another group for Carers. Two similar groups were run during 2012 and great feedback was received, with participants encouraging others to attend. Some of the comments included:

"Well worthwhile. You can get as much or as little out as you put in. Grief and loss is not about death! It is about dealing with change."

"Will make you think quite differently and is well worthwhile."

Seasons For Growth is a peer support programme which assists people of all ages to understand and manage the changes they experience when a significant loss occurs. This is an education programme—it does not provide counselling or therapy. The programme runs for two hours each week, over a four week period. It will be led by Bronwyn Alleyne, a trained Seasons for Growth companion, who is also a qualified counsellor.

The group will be held on
Thursdays from 10 – 12pm
Start date: February 21, 2013
At 92 Hinemoa Street, Birkenhead
Cost: \$25, which includes a copy of the programme manual

If you are interested in attending the group, or would like more information, please contact The Grief Centre on 4181457, email info@griefcentre.org.nz, or phone [Bronwyn](tel:0211277738) on 021 1277738.

www.griefcentre.org.nz

