

## 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. Some of the comments included:

*"Well worthwhile. 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](mailto:info@griefcentre.org.nz), or phone [Bronwyn](mailto:Bronwyn) on 021 1277738.

[www.griefcentre.org.nz](http://www.griefcentre.org.nz)



## 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. Some of the comments included:

*"Well worthwhile. 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](mailto:info@griefcentre.org.nz), or phone [Bronwyn](mailto:Bronwyn) on 021 1277738.

[www.griefcentre.org.nz](http://www.griefcentre.org.nz)



## 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. Some of the comments included:

*"Well worthwhile. 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](mailto:info@griefcentre.org.nz), or phone [Bronwyn](mailto:Bronwyn) on 021 1277738.

[www.griefcentre.org.nz](http://www.griefcentre.org.nz)

