



Seasons for Growth – like the seasons, life changes

Seasons for Growth is an innovative education program which explores the effects of change, loss and grief.

A trained ‘Companion’ facilitates the small group program, in which participants explore feelings, memories, loss and grief in a safe and creative way.

This four-week group offers a range of activities to allow each participant to:

- **explore** the skills needed to manage the effects of loss.
- **understand** that it is normal to experience and express a range of emotions around grief and loss.
- **review** present beliefs and plan for a realistic and hope-filled future.
- **develop** an integrated sense of self and higher self esteem.
- **take part** in a caring network of peers and adults.

2024 Group Dates:

Adult Group (55+ years)

When: Thursdays, 10:00am-12:00pm

Dates: 30 May – 20 June 2024
(4 weeks)

Where: Mosman Council Civic Centre,
573 Military Rd, Spit Junction

Who can attend?

If you live, work or study in the Northern Beaches or Lower North Shore.

Further eligibility criteria applies.
Contact us on **02 9949 5522** for more information. Bookings essential.

How much does the group cost?
\$10 per session



Lifeline Northern Beaches is a not-for-profit organisation that provides free crisis support and suicide prevention services. Our office in Balgowlah provides a wide range of face-to-face services: including personal counselling, financial counselling, support groups, and the Community Visitors Scheme. See website for more info.

For further information
contact Lifeline Northern Beaches
Phone 02 9949 5522
Email counselling@lifelinenb.org.au
www.lifelinenb.org.au

The logo for Lifeline Saving Lives, featuring a circular icon composed of small dots to the left of the text 'Lifeline Saving Lives'.

Lifeline
Saving Lives
Crisis Support. Suicide Prevention.