



WE GRIEVE

We all grieve

Experiences of grief are stepping-stones in
our human journey

'We Grieve' is an opportunity to explore our
understanding of change, loss and grief

*We have all experienced so much change and loss these last
three years because of COVID and the normal rhythm of life.*

*Seasonal changes in nature provide us with rich insight into
how life is constantly evolving. This eternal cycle of change
and loss offers a message of hope.*

*Using the Seasons for Growth® educational program as the
foundation for this 3-hour session we invite you to join the
conversation – to share and learn together, to gain some new
insights or perspectives, and to move towards healing and
growth.*

All are welcome

family, friends, neighbours ...

FOCUS

Grief

AIM

To assist participants to
understand the nature of
grief and to reflect upon
shared lived experiences

FACILITATOR

Benita Tait

DATE – TIME - VENUE

Wednesday 1 March 2023

5.30 – 8.30 PM

OR

Saturday 4 March 2023

2.00 – 5.00 PM

Both held at the

Toohy Room

@ Cathedral House,

841 Hunter St Hamilton (beside
the Sacred Heart Cathedral)

REGISTER & ENQUIRIES

by 17 February 2023

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