

SEASONS

Seasons – Adults is designed to help adults struggling with significant change and loss and the subsequent grief.

Seasons – Adults is a distinctly Australian program and an initiative of Centacare Melbourne.

Seasons – Adults acknowledges that grieving is normal and universal and unique to each person.

The Seasons of the Year gently tells us about different times in our grieving.

The Weekly two and a half hour program is over six weeks and provides a sustaining and affirming process through peer support.

There are generally between 4 and 8 persons in a group and attending the six sessions is beneficial in completing the process.

Who is the program for?

It is for anyone over 18 who has experienced loss, through death of a loved one, relationship breakdown, separation or trauma. Changes such as the hardship of unemployment, discrimination, or a major shift in your life's circumstances may leave you feeling bereft and grieving. This series may help you.

How will it help you?

Through a gently structured process of storytelling, visual imagery, music and ritual and some useful information you will be supported to journal, share if you wish, and listen, within a small group of fellow grievers. This helps you understand what you are experiencing and gain support for the ongoing journey.

Comments from previous participants—

- *It was helpful to connect with others.*
- *There is something about the little rituals that help attach meaning to experience.*
- *There was a sense of acceptance that feelings could be shared.*
- *What I liked best was being able to talk freely about my loved one to friends who understood and listened.*
- *After each week I would reflect back on what people shared which helped me understand myself better.*
- *Couldn't ask for more understanding, caring and knowledgeable facilitators.*
- *Non-threatening and balanced activities and useful handouts.*

REGISTRATION FORM

NAME _____

ADDRESS _____

PH _____

EMAIL _____

(Signature) _____

COST: \$120 for the six weeks.
(Concession \$95 for full-time students
and those on limited income.)

Post to Stillpoint
PO Box 70, TOOWONG 4066

*With cheque/money order enclosed; **OR***

*Bring form to Stillpoint with cash
payment; **OR** Direct Deposit:*

Bank name: Bendigo Bank
BSB: 633000 Account: 112163464
Account name: THE STILLPOINT CENTRE
LTD.

**and include the word SEASONS and
your name with the Direct Deposit details so
that we can correctly identify your payment.**

DATES and VENUE

WHERE: *Stillpoint*
16 Grove Street
Toowong
(street parking available)

WHEN: *Monday evenings*
for 6 weeks
4, 11, 18, 25 October, 1 & 8 November
2010
7:00-9:30pm including light supper

Adele Dingle is the Companion on your journey through the Seasons Program. Adele previously spent six years working with Suicide Prevention and those bereaved through suicide. She holds a GradDipEd in Human Relationships Education and is the author of *A Parent Survival Kit* and the series *Alive and Well*. She is a member of the Australian Association for Loss and Grief.

**For further information you may
ring the facilitator of the program,
Adele Dingle on 0437 792 625.**



*Stillpoint offers
Loss and Grief Series*

SEASONS
for

ADULTS



A small group program for over 18's who are struggling with the grief brought about by significant life changes, including separation, death and unemployment.