“Exploring the Seasons of Grief”

Everyone experiences change and loss throughout their lives, such as the death of a loved one, the end of a relationship, changing jobs and moving house. The grief that accompanies change or loss can be hard.

**Sometimes grief can make it difficult for us to be the parents we want to be.**

*Exploring the Seasons of Grief* is a small group program where you will meet other parents who are travelling their own grief journey and learn some skills to help you manage your own loss experience.

**Date:** 31 July 2015 – 21 August 2015  
(Program runs over four Fridays)

**Venue:** CALM  
77 The Boulevarde  
Toronto 2283

**Time:** 10.30am—1pm (morning tea provided)

**Cost:** $10 towards the cost of a work book

**Who:** For parents of children 0 – 12 years

For registration and enquiries please contact Kath from CALM on 4950 3855 by the 17 July 2015

**SORRY NO CHILDCARE IS AVAILABLE**

“Grief involves every person, object or incident from which I have walked away with a sense of being incomplete”

Elaine Childs-Gowell