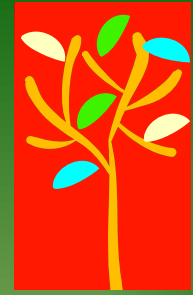


# St William's Parish

## G<sub>rief</sub> S<sub>upport</sub> T<sub>eam</sub>



Our experience of grief can result from the death of a loved one, marriage separation and divorce, loss of job and income, family separation through relocation. These and other reasons can cause our life to fracture.

*When loss and grief are experienced, it seems to help if you know that someone is aware of you and your situation.*

St William's Grief Support Team offers this support and encouragement to our local community through various practical ways

- home visits
- remembrance wishes
- phone contact
- offering a unique program called "Seasons for Growth."

The fundamental core of GST is Christ's compassion.  
Valued in friendship, listening and confidentiality

Contact the Parish Office for information and support.....3354 1826



**Seasons for Growth Program** is an educational tool for understanding the impact of grief and loss in life. The Seasons for Growth Program is not counselling or therapy. It is a peer support, small-group program. It allows for the exploration and understanding of change, loss and grief in our lives within an educational (learning) framework. Its aim is to provide effective ways of living with and healing from grief and loss.

St Williams Grief Support team facilitates this program.

4 week duration

Offered regularly throughout the year

Flexibility in session times to accommodate the group's needs (max 6/7 per group)

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For more detailed information see: <http://www.goodgrief.org.au/seasonsforgrowth/sfgadults.htm>