



# *Seasons for Growth*

*Living with Grief, Loss and Change in Life*

*2 x Weekend Workshops during Autumn 2024 at  
SHEP Project Centre, Cork City  
Course Reference Number 3941*

**Have you been affected by the loss of a loved one or friend, or by a significant change or transition in your life and are finding it difficult?**

**Seasons for Growth – Living with Grief, Loss and Change in Life is a 20-hour course for adults, on this occasion run over 2 weekends.**

Detailed Course Brochure available at <https://socialandhealth.com/short-courses-in-the-community/seasons-growth-grief-loss-change/>

It will provide the opportunity to explore the effects of grief and change in your life in a safe and respectful environment. Although we usually link grief with death, it is in reality the process by which we make a healthy adjustment to any significant loss in our lives. Many different losses occur in one's lifetime and Seasons for Growth is based on the belief that grief and loss are a normal and valuable part of life. You will have the opportunity to gain understanding, knowledge and skills to help you to cope with your grief or change experiences.

## **Dates and Times**

**Saturday & Sunday 19<sup>th</sup> and 20<sup>th</sup> October 2024 10am-4.30pm (Oak Room)**

**Saturday & Sunday 14<sup>th</sup> and 15<sup>th</sup> December 2024 10am-4.30pm (Ash Room)**

## **Facilitators**

**Bernadette Nolan and Mary Bennett who are two hugely experienced SHEP group work facilitators**

## **Venue:**

**SHEP Centre, The Old National School, Ardfoyle Avenue, Ballintemple, Cork T12 XDH2**

## **Cost: €150**

For more information or to book a place call 021-4666180 or email your application to [info@socialandhealth.com](mailto:info@socialandhealth.com). Application form available at <https://socialandhealth.com/short-courses-in-the-community/short-courses-cork/>



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