



Seasons for Growth

Living with Grief, Loss and Change in Life

2 x Weekend Workshops during Spring 2025 at

SHEP Project Centre, Cork City

Course Reference Number CN003965

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 8th and 9th March 2025 10am-4.30pm (Oak Room)

Saturday & Sunday 29th and 30th March 2025 10am-4.30pm (Oak Room)

Facilitators

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

Venue:

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

Cost: €200

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



Social and Health Education Project CLG
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