

There is no cost to attend the sessions.

To enable you to come along, the Carers Centre may be able to help organise alternative care for the person you care for.

To book a place, or for further information please contact:

Rebecca Fowler
Training Co-ordinator



Falkirk & Clackmannanshire Carers Centre

Bank Chambers
1a Bank Street
FALKIRK
FK1 1NB

Telephone: **01324 611510**
E-mail: **centre@centralcarers.org**
Website: **www.centralcarers.org**



Care with Confidence



Tuesdays
10.30 am – 12.30 pm

Falkirk & Clackmannanshire Carers Centre
1a Bank Street
Falkirk
FK1 1NB

Network Member



Principal Funders

Seasons for Growth aims to build resilience and bring hope and confidence to adults who have experienced significant change or loss.



Grief may be due to any number of experiences including bereavement, relationship breakdown, caring or experiencing ill health. It may be a recent loss, or something that happened a long time ago.

The programme provides knowledge and skills to enable participants to understand and manage their grief experience.

Understanding Change Loss and Grief **31 July**

In this one off session you will learn about grief, its potential triggers and impact as well as strategies to manage it.

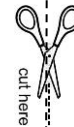
Exploring the Seasons of Grief **4 Weeks**

This is a small, confidential group that takes place over 4 weeks where carers can share their stories with one another and connect in ways that build understanding and reduce isolation.

Each session is themed to a season as the imagery of the seasons illustrates that grief is cyclical; there is no end point, and while some days will be summery and light others will feel cold, dark and wintry.

To get the most from this course it is essential that participants attend all 4 sessions.

14 August	Autumn
21 August	Spring
28 August	Winter
4 September	Summer



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To book a place, or for further information, please contact:

Rebecca Fowler
Training Co-ordinator

Phone 01324 611510
E-mail centre@centralcarers.co.uk

or complete the form below and post to:

Central Carers Association
FREEPOST SCO167
FALKIRK
FK1 1BR

Please **tick** the sessions you wish to attend:

- Tuesday 31 July Understanding Change, Loss and Grief

- Tuesday 14 August Exploring the Seasons of Grief
Tuesday 21 August
Tuesday 28 August
Tuesday 4 September

Name: _____
Address: _____
Postcode: _____
Telephone: _____
Email: _____