



Aboriginal Family Support Services  
Together with the community



HealingFoundation  
Strong Spirit - Strong Culture - Strong People

Community Safety & Wellbeing

# Seasons for Healing



*Have you:*

experienced feelings of hurt, pain, grief and loss?

*Then maybe Seasons for Healing is just what you need*

This education-based program uses the seasons as a way of supporting you to go through your grief and loss journey.

Companions deliver the program to small groups and “keep company with” participants through yarning and sharing stories as you process your grief and loss

*Do you think Seasons for Healing would be helpful to you?*

AFSS' Community Safety and Wellbeing team welcome you to participate in this culturally safe and confidential program being offered to participants across South Australia.

To find out more, please email [csw@afss.com.au](mailto:csw@afss.com.au) or contact AFSS CS&W team at:

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8281 5440

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