



HOPE

HELP

HEALING

Christmas can often be
challenging for those who
are grieving

HOPE HELP HEALING

Give a present to yourself or a loved one and take part in our 6 week Christmas Grief Workshops

Grief impacts everyone in different ways, but Christmas time is often harder for most. To help you cope during a challenging period, prepare yourself before you hit this difficult time.

We will assist you in developing a Grief & Bereavement Toolkit through:

- Yoga and Meditation techniques for managing grief
- Using colour therapy and positive healing techniques
- Being in a loving and supporting environment
- Creative sharing through writing, art and poetry
- Through management to increase self awareness

Each session is on a Wednesday from 7.30pm – 9pm

DATES: 17 November, 24 November, 1 December
8 December, 15 December, 22 December

Location: 31 Hoadley Avenue
Frankston South

Weekly cost: \$20 or \$110 upfront

FBC Members: \$15 per week

Booking is essential, please contact
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Amanda has a Bachelor of Communications and is currently completing her Certificate IV in Life Coaching with the Coaching Institute of Australia.

