



Aboriginal Family Support Services  
Together with the community



HealingFoundation  
Strong Spirit • Strong Culture • Strong People



good grief  
Growing through Change

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:

**Wingfield**

1 Corner South & Grand  
Junction Road - 8281 3440

**Mount Gambier**

20 Elizabeth Street  
8723 6110

**Port Augusta**

8-10 Victoria Parade  
8641 0907

**Port Lincoln**

21 Washington Street  
8683 1909

**Coober Pedy**

Lot 1991 Aylett Street  
8672 3066



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