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MEDIA RELEASE

SEASONS AFTER CARE: SUPPORT DOESN'T END AT THE FUNERAL

At Seasons Funerals, support does not end with the funeral: quite the contrary.

According to Seasons Director Erin Erceg, being in the business of care requires a systematic approach to maintaining a presence in, and a relationship with, the bereaved once the funeral is over.

"End to end service, providing support to the bereaved before, during and after the funeral is something our Funeral Directors do very well."

"From our interactions with families we have seen that there was a concerning gap in the market in terms of formalised after care support, and this is something Seasons is well positioned to provide," said Ms Erceg.

In September Seasons will launch two, new, after care programs offering support for the bereaved and assisting the transition through grief.

Morning Tea with Marg Munro, Seasons' resident grief counsellor, is a free and informal event that has been deliberately designed without the strictures of a formalised workshop in order to encourage attendance by people who may be hesitant to seek out support.

"The morning tea is a gentle introduction to grief support."

"It is a safe and informal environment where families can find some comfort among people in a similar position and also access some additional resources that will help them on their way," said Ms Erceg.

The workshops will run once a month at Seasons in Kelmscott and Canning Vale, starting 3 September and 17 September respectively.

The second of the new after care programs is titled *The Future From Today*, and is an eight part, formalised workshop that has been developed in conjunction with Personal Life Coach, Mary Argese.

Launching on 9 September at Seasons in Canning Vale, the workshop aims to assist the bereaved in 'finding peace in grief'.

"Seasons got together with Mary to discuss how we can specifically help people who are finding it difficult to move forward after the death of a loved one.

"Grief is a natural process and one that is unique person to person, what this workshop aims to do is to offer some support and help the development of skills that will empower the bereaved to embrace the future," said Ms Erceg.



With extensive experience as a Personal Life Coach, Mary will deliver workshops using group therapy and facilitation methods to address letting go and moving forward; the grief process, fear, uncertainty and anxiety; communication skills and goal setting.

The eight part workshop is delivered fortnightly and costs \$795.00; the fee includes resources and refreshments.

The Future from Today

When: 3.00pm – 5.00pm, fortnightly (from 9 September)

Where: Seasons Canning Vale, cnr Tulloch Way and Nicholson Rd

Cost: \$795.00

Seasons, in conjunction with Personal Life Coach, Mary Argese, has developed an eight-session workshop: *The Future from Today* to help bereaved people 'find peace in grief'.

Launching 9 September at the Canning Vale chapel, the workshop address the challenges of grief and seek to empower the bereaved to embrace the future and move forward, using group therapy and facilitation.

The workshop has been specifically developed for people in the latter stages of grief, when they are ready to move forward but are lacking the skills and or confidence to know how to go about it.

The workshop will address:

- Letting go and moving forward
- The grief process and moving forward
- Obstacles faced when moving forward
- Removing fears/uncertainty/anxiety
- Communication and new ground rules
- Setting goals for the future
- Celebrating your movement forward on what your future looks like

Registration is essential.

For information: <http://seasons.com.au/brochures/Workshop-Brochure.pdf>

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Morning Tea with Marg Munro

Cost: Free

Where: Seasons Canning Vale, cnr Tulloch Way and Nicholson Rd
Seasons Kelmscott, cnr Albany Hwy and Armitage Rd

Commencing on the 3 September at the Kelmscott branch, and 17 September at the Canning Vale branch, Marg Munro, a grief counsellor, will launch the first of a series of informal morning tea events for recently bereaved families.

The aim of the morning tea is to provide families an opportunity to discuss grief with others in a supportive, informal environment and access resources and expert advice on coping with grief.

Additionally, Marg can help facilitate transition into formalised treatment where needed.

Bookings are essential.

For more visit the Seasons website: <http://www.seasons.com.au/funerals/after-care/seasons-coffee-mornings/>

Marg Munro: **1800 732 766** or via email at margaret.munro@seasons.com.au