



**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  
Amanda Poole, Life Coach

E: [amanda@blazecoaching.com.au](mailto:amanda@blazecoaching.com.au)

M: 0430 322 306 T: 9770 1784

W: [blazecoaching.com.au](http://blazecoaching.com.au)

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

