



# GROUP TRAINING: SADNESS & LOSS



**There are a few guarantees in life, LOSS being one of them. But does loss need to be seen as a loss, does it need to weigh us down and impact our quality of life for the rest of our life? Or could LOSS simply be another lesson in our unique classroom of life?**

At times our experience of the world, other people and life events can seem overwhelming and all-consuming, leading to feelings of sadness, depression, grief and even wanting to give up.

This course offers participants insight and understanding of loss, sadness, depression and grief and how to live in a way that is more empowering and enriching when life presents us a loss of any sort ... whether of someone close, a pet, relationship, job, treasured item, the list goes on.

This FABIC workshop is designed to support participants to leave behind the feelings of sadness, depression, grief and/or overwhelm and equip them with the tools to experience joy and vitality in their future and all parts of life, no matter what kind of loss has been presented.

## TOPICS COVERED

1. Sadness, grief and depression are preceded by feelings of anxiousness
2. Why do I feel so sad?
3. My body is talking to me ... learning to listen
4. Understanding the pictures we create
5. Smashed pictures are our first loss
6. Do I bury my hurts?
7. Buried hurts will resurface one day
8. Not living as a victim of the circumstances of my life
9. Self-mastering life - I am responsible for me and how I respond to any loss or life lesson
10. Self-responsibility leads to self-empowerment
11. Joy is my birthright - claiming joy in my life

## WHO WILL BENEFIT?

FABIC group training on Sadness & Loss\* is tailored to any person who:

- Has experienced loss
- Is finding it challenging to move past a loss
- Uses sadness-related behaviours
- Is with people who use sadness-related behaviours
- Supports a person who uses or receives sadness-related behaviours

\*Maximum of 10 people per group

## LOCATION

FABIC group training sessions are available:

- Via telehealth video for individuals joining a group
- Face-to-face at your location if you have a specific group of people (travel costs apply)

## COSTS

Cost varies according to course size and location. Please contact FABIC for details.

For more info or to  
book, contact FABIC

**07 5530 5099**

info@fabic.com.au