



serious fun

WINTER WARMERS & GRIEF NOURISHMENT



How does the winter affect you?


What can you do to nourish yourself during the winter months?

Seasonal Affective Disorder or SAD, three big words that say that the weather can and does affect how we feel. When people talk about SAD, most often they are talking about how the cold, dark, wet weather of the winter months, makes them SADDER or a little less happy than they normally would. They also talk about how it makes them miss the person who died more.

Why not come along to our July Serious Fun program with Kristina and Colin, and find out more about SAD and how it might or might not affect you.

We can make a pillow to take home and snuggle up with over winter or perhaps bring your favourite blanket to keep you warm and nourished throughout the session. We will have hot chocolate ready for you!

For more information or to register, please contact Support After Suicide on 1800 943 415 or email us at aftersuicide@jss.org.au



**WEDNESDAY 10TH JULY 2024
10AM - 1PM**

**St Ignatius Centre Hall
326 Church Street Richmond
(behind St Ignatius Church)**

Please note, there is a coffee morning that runs at the same time as Serious Fun for parents to connect in a relaxed environment. Please let us know if you would like to attend.

