

# Recovery Education Centre - Additional Courses

## Making Sense of Loss

People experience many forms of loss, loss of health, loss of job, loss of identity, loss of a loved one. We may experience the loss in many different ways *'There is not a typical response to loss, as there is no typical loss'*.

This course aims to recognise the impact it can have and to increase our understanding through sharing and learning from each other and by exploring some different perspectives of loss.

This course is delivered in one session.

## Relating to Ourselves and Others

Do you ever find yourself doing the same unhelpful things over and over again? Would you be interested in getting some understanding about this that could lead to some change in your life?

We would welcome you to join us for this course which will provide an opportunity to think about ourselves in terms of patterns in our behaviours and our relationships, how this has shaped our experience of life and how we can find new ways to do things differently.

This course is delivered in two sessions.

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### Contact Us

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**The  
Recovery  
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