

Participant Evaluation Form

Exploring the Seasons of Grief small group program



1. The aim of this small group program is to deepen our personal understanding of our experience of change, loss and grief, and to learn appropriate ways of dealing with our experience.

Overall, did the program achieve this aim?

Did not achieve this aim	1	2	3	4	5	Achieved this aim
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2. What aspects of the program did you find most helpful?

3. What aspects of the program did you find least helpful?

4. What will you take from your experience of Seasons for Growth and continue to think about or work on?

5. What feedback would you like to give the Companion?

Thank you for your participation. Your evaluation is much appreciated.

Name: (appreciated) _____ Date: _____

