**PARTICIPANT EVALUATION FORM**

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. How did program Explain?

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What aspects of the program did you find most helpful?

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What aspects of the program did you find least helpful?

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

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What feedback would you like to give the Companion?

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