

## What people say about *Seasons for Growth*

I felt a lot better because I was letting all the pain out. Sometimes in school I'd feel like crying about it, and I nearly cried. Then I just held it in. But when I went to *Seasons for Growth* I could just let it out, and talk about it. I didn't need to cry because I could talk about it. (Matt, 9).

Having other people with the same problem to talk to has really helped. (Antonio, 12).

I'd like to think my son wasn't affected by the divorce but I know he was. The program has helped him to know that it happens in other families too. (Parent).

The *Seasons for Growth* training has helped me to realise the impact that change and loss can have on kids' behaviour at school (Teacher).

This program has been a source of great joy for the children who have participated in the program over the past ten years. It has been a source of satisfaction to me and I continue to be amazed at the results of this wonderful program (Companion).



## IN YOUR COMMUNITY

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## CHANGE AND LOSS

are part of life, and grief is a normal response to these losses.



Program for Children  
(6-12 years)

*Seasons for Growth*  
is a Good Grief Program



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Program for Children  
(6-12 years)



## Like the seasons our lives shift and change

- ◆ Friends come and go
- ◆ We lose someone we love
- ◆ Parents and families separate
- ◆ We move to a new place
- ◆ We experience a natural disaster
- ◆ Illness impacts our life
- ◆ Our family's work-life changes

*Seasons for Growth* is an innovative grief and loss education program that uses the imagery of the seasons to illustrate the experience of grief. It aims to strengthen the social and emotional wellbeing of children and young people (aged 6-18) who are dealing with significant life changes by:

- ◆ exploring the impact of change and loss on every-day life
- ◆ learning new ways to respond to these changes.

Trained adult 'Companions' facilitate the small group program, where participants support and learn from each other in age appropriate and engaging activities.

Young people learn that they are not alone in dealing with the effects of change, loss and grief and build their communication, decision making and problem solving skills within a supportive peer group.

## Program Structure



*Seasons for Growth* is a small group (4-7 participants) program of 8 sessions, plus a celebration.

The Children's Program has three levels:



Level 1: 6-8 years

Level 2: 9-10 years

Level 3: 11-12 years

Supporting materials for the children's program include individual participant journals, beautifully illustrated by Stephen Michael King, newly recorded *Seasons for Growth* music, and a range of links to online resources.

Level 4 is also available for young people 13-18 years, and *Seasons for Growth* Adult and Parent Programs are also available.



## Companions

Trained adult 'Companions' facilitate each *Seasons for Growth* group. Companions may be school/agency staff, endorsed parent volunteers or other suitable adults who undertake a two-day training workshop and receive subsequent accreditation from Good Grief to deliver the program. Good Grief provides Companions with regular opportunities to meet, network and learn throughout the year through Reconnectors, newsletters, conferences and the website.

## Outcomes for children



*Seasons for Growth* provides the support and space for children to:

**learn** about how different people respond to change, loss and grief

**understand** that it is normal to experience a range of grief reactions

**explore** new approaches to dealing with change and loss in their lives

**build** communication, decision making and problem solving skills

**participate** in a supportive network of peers and adults

**integrate** their new learning into their relationships with family, friends and others.

*Seasons for Growth* is an education program. It does not provide counselling or therapy.

