



Seasons for Growth

An innovative grief and loss program that uses the imagery of the seasons to illustrate the experience of grief.

This program aims to strengthen the social and emotional wellbeing of children and young people who are dealing with significant life changes.

Seasons for Growth is a small group program that combines psychology and education with peer support, within a person centred learning approach.

It uses the metaphor of the seasons to explore the cyclic nature of grief, and is underpinned by William Worden's tasks of grieving. The Children and Young People's program contains developmentally appropriate discussions, activities and journaling.

Seasons for Growth provides a safe learning environment for children and young people, where they can voice their experiences, understand and befriend their feelings, learning skills to adapt to new situations and recognise "I'm not the only one".

The program also supports the development of communication, decision making and problem solving skills.

Who is this for?

Children, young people and adults who have experienced significant change or loss through:

- Death
- Separation
- Divorce
- Family, Work, Life Changes
- Impact of illness
- Moving
- Change in Friendships



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An evidence-based psychoeducational small peer support program that has been evaluated extensively over the past 15 years.

8 week program with 2 reconnector sessions

- Small groups of 4-7 participants (grouped by age).
- Facilitated by Susanne North held at school or community centre.
- Catering for ages 6-18 years.
- A parent session is run for interested parents to explain the program.

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This program relies on research, activities, strategies and techniques from an educational and cognitive behaviours framework.

Children learn:

- How to value their own story.
- How to modify unhelpful thoughts and beliefs.
- Build resilience.
- Improve emotional wellbeing.
- Social & communication skills.
- Self regulation

Outcomes

- 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, loss and grief 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.
- Helps restore self-confidence and self-esteem.