



Program Structure

The *Seasons for Growth* Children and Young People's Program is a small group program that offers four age appropriate levels with tailored, developmentally appropriate activities and discussions.

- Level 1: 6-8 years
- Level 2: 9-10 years
- Level 3: 11-12 years
- Level 4: 13-18 years

Each level includes eight weekly sessions. Each session explores a theme using the seasonal imagery:

- ◆ Life is like the Seasons
- ◆ Change is Part of Life
- ◆ Valuing My Story
- ◆ Caring for my Feelings
- ◆ Making Good Choices

A *Seasons for Growth* journal is provided to each participant to document their learning and experience.

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

Life is like the Seasons

Seasons for Growth is an evidence-based change, loss and grief education program that uses the imagery of the seasons to illustrate the experience of grief.

Children and young people can experience grief following significant changes and losses:

- ◆ Someone they love dies
- ◆ Family changes
- ◆ Separation and divorce
- ◆ Friendship changes
- ◆ Illness impacts their life
- ◆ Relocation
- ◆ Moving school or house
- ◆ Natural disasters

Seasons for Growth aims to strengthen the social and emotional wellbeing of children and young people who have experienced major loss and life changes by:

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

Program Outcomes

Seasons for Growth provides a safe space for children and young people 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.