

Seasons for Growth

Children and Young People's Program:
fostering resilience and wellbeing in children and young people.

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 change, loss and grief.

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

- ♦ Someone they love dies
- ♦ Separation and divorce
- ♦ Friendship changes
- ♦ Illness impacts their life
- ♦ Relocation
- ♦ Natural disasters

Seasons for Growth aims to strengthen the social and emotional wellbeing of children and young people by:

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



Contact Us

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Program Structure

The *Seasons for Growth* Children and Young People's Program is a small group program which runs for 45 minutes over eight weeks. The program offers four 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 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

The program provides a safe space for children and young people where they can give voice to their experiences, understand their feelings, learn problem-solving and decision making skills, develop friendships, and recognise they are not alone.

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

"I would say that it was an amazing experience and that I got a lot out of it. I would definitely recommend it."

YOUNG PERSON