

What is Seasons for Growth ?

Like the seasons life changes.....

This programme is an opportunity for young people aged 6 – 18 years to:

- Learn about the effects of significant change in their lives
- Examine how changes in family structure because of death, separation or divorce can be accompanied by a sense of loss
- Understand it is normal to experience a range of emotions because of loss
- Develop new skills in coping with their feelings and other grief reactions
- Appreciate and nurture their strengths
- Participate in a group with a caring adult and peers

Seasons for Growth is an education programme—it does not provide counselling or therapy.

Seasons for Growth is about the individual and his/her own responses to change and loss. It does not focus on the circumstances or issues which are private to your family.

Confidentiality is strongly emphasised.



What can I do?

Children tend to express loss and grief through their behaviour. They act out their feelings and emotions. We cannot always know what they are thinking or feeling.

Take cues from their behaviour.

Tune in to what is going on for them.

Young people react to change and loss in very different ways. Withdrawal, aggression, anxiety, anger, sadness, guilt and regression are just some of the signs of grief.

Be understanding and help them find constructive ways to cope with these reactions.

When young people are grieving they may have short attention spans and difficulty in concentrating.

Be patient and recognise they are not being disobedient.

What children don't know they will often make up or guess.

Give clear, simple, truthful information in words the young person can understand.



How does the Seasons for Growth programme work?

The Seasons for Growth programme has five levels for children and young people from 5 to 18 years

- The programme is facilitated in small groups of 4 - 7 participants accompanied by a trained adult called a Companion
- Seasons for Growth explores important concepts such as change, loss, feelings, coping, memories, decision making and support networks
- Seasons for Growth works because the skills young people learn in the programme they take with them for life

*Most importantly,
Seasons for Growth
is an enjoyable, creative,
and safe learning experience.*