



What people say about Seasons for Growth...

"I got friends and support from the group".

Deborah 14yrs

"I'm not that different from other people".

James 11yrs

"I'm not on my own".

Lucy 8yrs

"The most important thing I have learned is ways to help solve my problems"

Jack 15 yrs

" I liked doing the work in my journal. It's fun and you get friends"

Emily 6yrs

"I learned ways to help with my feelings".

Rhys 10yrs

"I think it's a really positive experience/support".

Jane (Parent)

Who else can help?

Childhood Bereavement Network

020 7843 6309

www.childhoodbereavementnetwork.org.uk

Childline

0800 11 11

www.childline.org.uk

Samaritans

08457 90 90 90

www.samaritans.org.uk

Choose Life

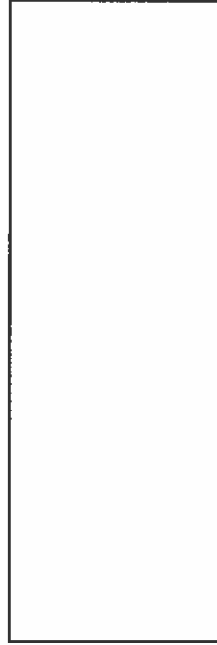
www.chooselife.net

Parent Line Plus Scotland

0808 800 2222

www.parentlineplus.org.uk

For more information about Seasons for Growth please contact:



Seasons for Growth, The Notre Dame Centre

20 Atriole Gardens

Glasgow

G12 9BA

Tel: 0141 339 2366 Fax: 0141 357 1443

E-mail: seasonscoordinator@notredamecentre.org.uk

www.seasonsforgrowth.org.uk



Programme
Information

for parents
and carers

give wind and
tide a chance
to change - R. Byrd