

What is Seasons for Growth?



Seasons for Growth is a small group loss and grief education programme.

The Children and Young People's Programme strengthens the social and emotional wellbeing of children and young people (aged 6 -18) who are dealing with significant loss or change. This may include:

- the death of a loved one;
- parental divorce or separation;
- the experience and aftermath of a natural disaster;
- moving house or school;
- many other life changes and losses.

Small groups of 4-7 children work with a trained adult Companion (facilitator) who supports the children in learning new ways to share, think about and respond to the changes and losses in their lives.

Children learn that they are not alone in dealing with the effects of change, loss and grief.

Confidentiality is strongly emphasised

Outcomes for children and young people

In their groups they:

- Learn about how different people respond to change, loss and grief.
- Understand it is normal to have lots of different feelings.
- Explore new ways to deal with change and loss in their lives.
- Take part in a group with friends and a trained Companion.

Seasons for Growth is about the individual and their response to change and loss.



“I got friends and support from the group”

Debbie 14 yrs

“I learned ways to help with my feelings”

Rhys 10 yrs

“I liked doing things in my journal. It’s fun and you get friends” Emily 6 yrs

“I have learnt you can deal with your feelings by listening to music, playing games or take a walk” Leeah 12yrs

“That I’m not alone and I do have friends”

Mathew 9yrs

“When I’m scared I now know who can help me” Jack 13 yrs

“It’ll be ok. It’s normal to feel the way you do” Rae 15yrs



For more information about
Seasons for Growth please contact:



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**Children and Young
People’s Programme**



**Information
for parents and carers**

