

# Seasons for Growth is a change and loss education program

supporting children and young people following significant life events e.g. separation and divorce, death, school transitions, migration & natural disasters.



“Students felt they were cared for and allowed to share thoughts and feelings in a safe space.”

‘SEASONS FOR GROWTH’ COMPANION



## Seasons for Growth Program Overview

Seasons for Growth is an evidence-based, early intervention program that strengthens the emotional and mental wellbeing of children and young people who are dealing with changes in their life by:

- exploring the impact of change and loss on every-day life
- learning new ways to respond to these changes.

There are four levels of the program to support children and young people 6-18 years. ‘Companions’ train to facilitate the small group (4-7 participants) over 8 sessions.

Companions include teachers, chaplains, psychologists, social workers and appropriately skilled professionals and volunteers.

Engage in the theory and principles underpinning Seasons for Growth, experience the content, and learn strategies for implementation.

## Outcomes

- Helps children and young people experiencing change, loss and grief;
- Builds participants’ understanding and skills and enables them to express their views, thoughts and feelings;
- Strengthens participants’ social and support networks;
- Improves participants’ wellbeing.

## Training

- ♦ Two Day Workshop, the price includes program materials and catering
- ♦ Maximum of 20 participants per training
- ♦ Cost: \$650 inc gst
- ♦ Register online: [www.goodgrief.org.au](http://www.goodgrief.org.au)

## Professional Learning

FOR  
PROFICIENT  
TEACHERS



Completing Seasons for Growth will contribute to 10 hours of NESA Registered PD addressing 3.2.2, 3.3.2, 4.2.2, 6.2.2 and 7.2.2 from the Australian Professional Standards for Teachers towards maintaining Proficient Teacher Accreditation in NSW.



Completing Seasons for Growth will contribute to 10 hours of ACT Teacher Quality Institute (TQI)

## Seasons for Growth is Recognised as a Evidence-based Program:

Communities for Children Facilitating Partners



Australian Government  
Australian Institute of  
Family Studies

## Seasons for Growth Training Workshop Date:

**Date: 24<sup>th</sup> and 25<sup>th</sup> March**

**Time: 9 – 3.30pm**

**City/State: Newcastle, NSW**

**Registration:**

<https://www.goodgrief.org.au/product/758>

Contact us for further details & opportunities:

[www.goodgrief.org.au/training](http://www.goodgrief.org.au/training)

Tel: 02 8912 2700

