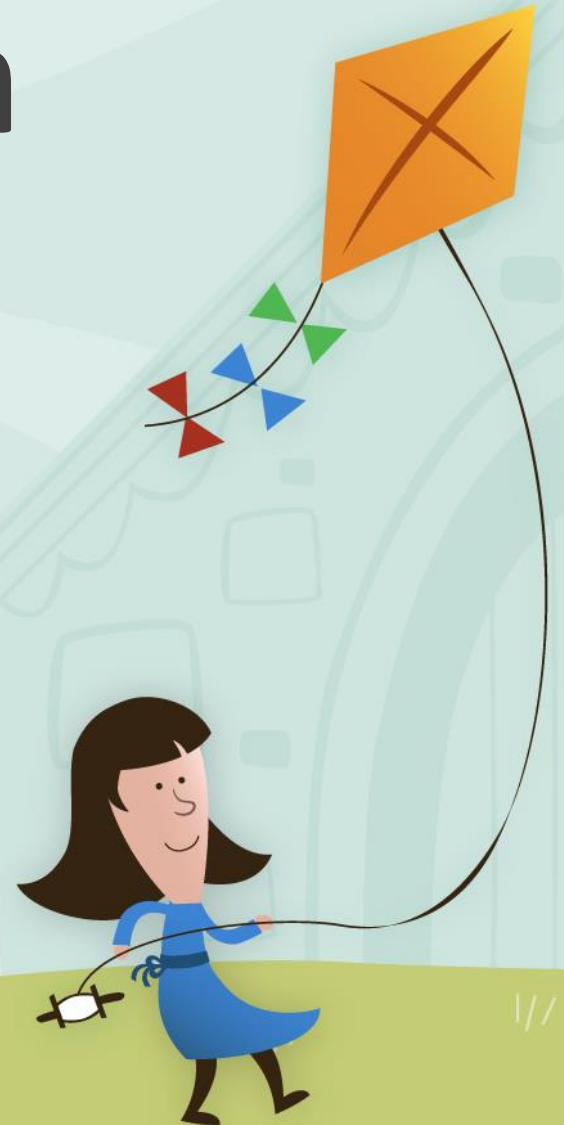


Seasons for Growth



Seasons for Growth

Children and Young People's Programme



Seasons for Growth

Children and Young People's Programme

Aims to build resilience of children and young people who are dealing with significant loss or change:

- * death of a loved one
- * parental divorce or separation
- * moving house or school



Seasons for Growth Children and Young People's Programme

- programme is run over 8 sessions with small groups
- facilitated by a trained adult 'Companion'.
- Companions have undertaken a two-day training workshop
- Companions are accredited from Seasons for Growth to deliver the programme.



Seasons for Growth

Children and Young People's Programme

Theory underpinning Seasons for Growth:

- * Worden's Tasks of Grief form the basis of the Programme.
- * Each of the four tasks are matched to a season.
- * Educational programme, not therapy or counselling.
- * Helps children and young people to develop the language needed to express their feelings, and gives them a safe place to talk about them.



Worden's Tasks	Seasons for Growth® Tasks		Session Content
To accept the reality of the loss	Learn that change and loss are part of life	AUTUMN	Session 1: Life is like the seasons Session 2: Change is part of life
To process the pain of grief	Learn about different ways people experience change and loss	WINTER	Session 3: Valuing my story Session 4: Naming my feelings
To adjust to a changed world after the loss	Learn skills to assist with adapting to change and loss	SPRING	Session 5: Caring for my feelings Session 6: Remembering the good times
To find an enduring connection with what has been lost while embarking on a new life	Learn about ways that help in moving forward with life	SUMMER	Session 7: Making good choices Session 8: Moving forward



Evidence –based

The most recent evaluation was conducted by Southern Cross University in 2010 and concluded that the Seasons for Growth Programme:

- Builds understanding and skills
- Improves participants' emotional wellbeing
- Enables participants to express their views, thoughts and feelings
- Strengthens participants' social and support networks.



Seasons for Growth Supporting Parents to support their children

An opportunity for parents to understand the experiences of death, separation and divorce from a child's and young person's perspective and to explore ideas and strategies they may wish to consider as they support their children to transition through family change.





The four tasks are:

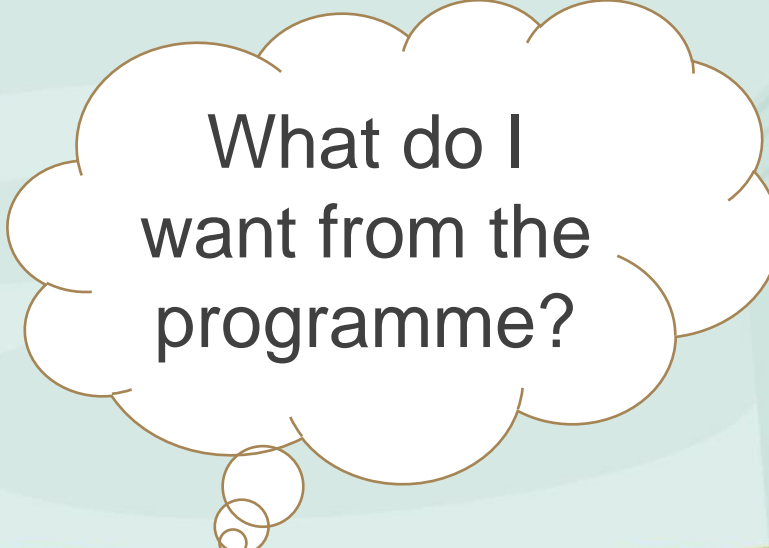
- ❖ To accept the reality of the loss
- ❖ To process the pain of grief
- ❖ To adjust to a changed world after the loss
- ❖ To find an enduring connection with what has been lost while embarking on a new life

The imagery of the each season is linked to one of the 'tasks' of grief (Worden) which are slightly reworded for SFG to fit the range of losses.



Through the programme addressing parental concerns:

- How do I talk to my child about what's happened?
- What kind of reaction might I expect from my child?
- Does it matter if my child sees me upset?
- How will I know what my child wants or needs?

A white thought bubble with a brown outline and a small tail at the bottom. Inside the bubble, the text 'What do I want from the programme?' is written in a black, sans-serif font.

What do I want from the programme?





The programme aims to support parents to learn about:-

- Children's reactions – ages, stages and other important considerations regarding ways that their children may react and cope
- The SFG approach to understanding and managing change, loss and grief
- How they can help their child – identifying what they can change and acknowledging what they can't
- Communicating with their child – building a warm relationship, talking, listening, and finding out from their child what they need
- Caring for themselves – what parents might need in order to provide positive parenting during these difficult times.





The Seasons for Growth Parent Programme comprises two separate components:

- ❖ Component 1 supporting your child following separation and divorce (1x4 hour session or 2x2 hour sessions)
- ❖ Component 2 Supporting your child following the death of someone they love (1x2.5 hour session)

