



Change and loss are issues that affect all of us at some stage in our lives. At (name of school/agency) we recognise that when changes occur in families through death, separation, divorce or related circumstances, young people may benefit from learning how to manage these changes effectively. We are therefore offering a very successful education program called *Seasons for Growth*. This program is facilitated in small groups and is based on research that highlights the importance of social support and the need to practise new skills to cope effectively with change and loss. The program focuses on issues such as self-esteem, managing feelings, problem-solving, decision-making, effective communication and support networks.

If you wish to find out more about the programme then please join me at our Parent workshop on Monday 4<sup>th</sup> March at 1:30pm in St Marks Family room.

Tea, coffee and biscuits will be provided!

Mrs Nelson.