



Seasons
for Growth®



Companion - Erin Armstrong

St Thomas' Primary School



good grief
blue sky tomorrow

What is *Seasons for Growth*?

Seasons for Growth is a change, loss and grief education programme for children, young people and adults

***It helps our community to
provide extra care and support for
children and young people coping with
difficult life situations involving
grief or loss***



What does the Programme aim to achieve?

To support young people as they work in a group to understand and learn the skills to manage the issues they experience when death, separation, divorce or other major changes occur in their lives by:

- Reducing isolation and building peer support
- Normalising the grief process
- Enhancing coping skills
- Developing life skills in:
 - Communication
 - Decision making
 - Problem solving
- Promoting resilience, confidence and self esteem



Resilience



‘Underestimating the vulnerability of the grieving child actually prolongs the child’s pain and increases the possibility that the effects of the loss will persist’ *Bruce Perry, Early Childhood Today.*

Resilience depends on connectedness to school, family, friends and community.

‘The most powerful antidote (for lack of resilience) is to participate together’ *Helen Cahill, 2005*

Seasons for Growth

The Programme does not:
provide counselling or therapy



Seasons for Growth

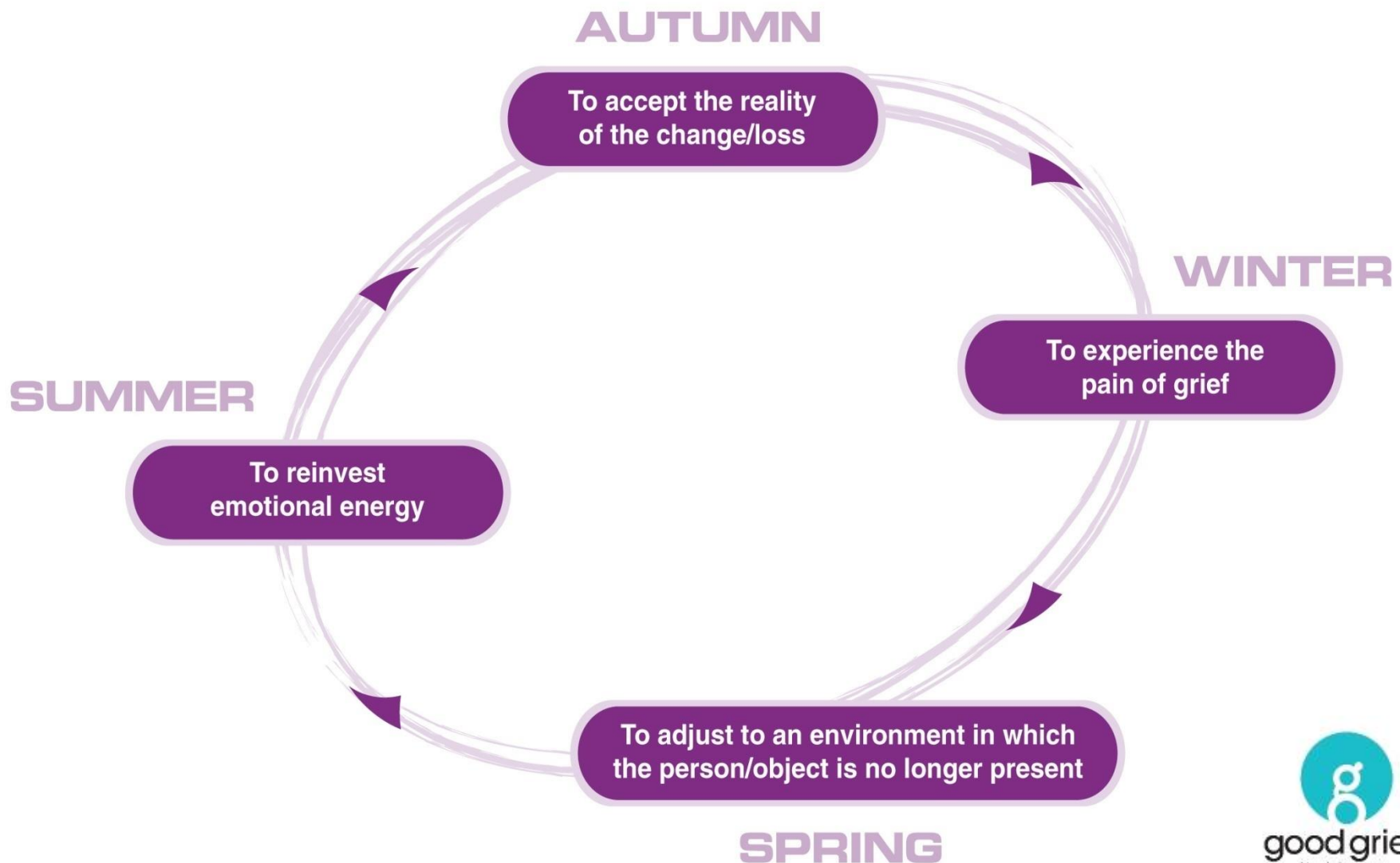
How does the programme operate?

For children/young people:

- facilitated by trained Companions
- groups of 4 – 7 children/young people
- 8 sessions over 8 weeks
- plus a celebration session and
2 re-connector sessions



Worden's 4 Tasks



What Participants Learn About in the Programme

Worden's Tasks	<i>Seasons for Growth</i> ® 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

It Makes a Difference

Newell, S & Moss, A (2011). Supporting Children Through Change, Loss, and Grief: An Evaluation of the *Seasons for Growth* Program.

334 children and young people across 6 regions (from Australia and internationally including Scotland)

1. Children and young people value their SfG experience very highly (even when they have initial reservations)
2. Parents value the programme
3. Companions value the programme
4. The SfG programme addresses a genuine need
5. The SfG programme helps young people experiencing change, loss and grief:
 - Building participants understanding and skills
 - Improving participants emotional wellbeing
 - Enabling participants to express themselves
 - Strengthening participants social and support networks

www.goodgrief.org.au