



Dear Parent/Carer,

Seasons for Growth is a change, loss and grief education programme for children **who have suffered** loss or change through bereavement, divorce, separation or a significant change in their life.

It supports 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 and problem solving
- Promoting resilience, confidence and self esteem

#### **How is it delivered?**

The programme was developed at the Notre Dame Centre, Glasgow and is delivered in school by a trained member of staff, Miss McCormick. The programme takes the children on a journey through the Seasons of the year, relating each season to feelings children may have during difficult times. It builds skills in recognising and managing emotions. The sessions run over eight weeks. The sessions take place during the school day and have always been a very positive experience for pupils who have taken part.

Please complete the tear off slip below and return it to Miss McCormick by Friday 21 March to register interest for your child in the group.

Kind Regards

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#### **Seasons for Growth**

**YES**, I would like my child to take part in the Seasons for Growth programme.

Child's Name: ..... Class: .....

Parent/Carer Signature: .....

Date: .....