



Drawing on extensive research on effective response to loss and grief, Seasons for Growth comprises 8 – 10 sessions of group work at five levels: ages 6-8; 9-10; 11-12; 13-15; and 16-18.

There is also an adult programme. Seasons for Growth is a programme developed in Australia. In the UK it is established in Scotland, Wales and England, now including Leeds.

## Seasons for Growth

Helps children and young people:

- Understand and manage their experiences of loss through death, separation, or divorce;
- Understand that their reactions arising from loss are normal;
- Develop skills for coping, problem solving and decision making;
- Build a peer support network; and
- Help restore self confidence and self esteem.

A group is facilitated by a trained 'Companion' who can be a teacher, psychologist, nurse, mentor, social worker, or others working with young people in the statutory or voluntary sector. All potential Companions must be police checked and work in organisations with Child Protection Policies and where they have received Child Protection training.

For more information on the programme in the UK visit the Glasgow Notre Dame website at [www.notredamecentre.org.uk](http://www.notredamecentre.org.uk)

## SEASONS FOR GROWTH IN LEEDS

Training to become a Companion can now be offered within Leeds by our own accredited trainers. Costs for the 2 day training will be in the region of £85 for participants. (This is heavily subsidised).



*For training dates and application form for training as a Companion please contact [jyoti.patel@educationleeds.co.uk](mailto:jyoti.patel@educationleeds.co.uk)*

*For further information on the Seasons programme in Leeds email:*

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**Promoting social and emotional well-being for children and young people who have experienced significant loss due to death or family breakdown.**

- Seasons for Growth is a loss and grief education programme for children and young people aged 6 – 18 years
- It is not 'counselling', but promotes peer group support and personal resilience
- It focuses on understanding the effects of change, loss and grief
- It specifically develops skills in:
  - Communication
  - Decision making; and
  - Problem solving