



SEASONS FOR GROWTH®



A Program of Good Grief

WHAT IS SEASONS FOR GROWTH?



The Seasons for Growth Program is a loss and grief education program catering for young people aged 6-24 years.

The Program focuses on understanding the effects of change, loss and grief, and specifically develops skills in:

- **Communication**
- **Decision-making**
- **Problem-solving**

The Program aims to promote resilience, to enhance coping resources and to develop life skills in young people.

WHAT DOES SEASONS FOR GROWTH DO?



Supports young people to understand and manage the issues they experience because of the loss of a parent or significant other through death, separation or divorce. The Program:

- Assists young people to understand that the reactions associated with their losses are normal.
- Educates about the grief process.
- Develops skills for coping, problem-solving and decision-making.
- Builds a peer support network.
- Helps restore self-confidence and self-esteem.

An extensive program for adults is also available.

WHAT IS THE STRUCTURE?



The program consists of five levels:

Level 01 (ages 6-8 years) (40 minute sessions)

Level 02 (ages 9-10 years) (40 minute sessions)

Level 03 (ages 11-12 years) (45 minute sessions)

Level 04 (ages 13-15 years) (50 minute sessions)

Level 05 (ages 16-24 years) (50 minute sessions)

Seasons for Growth is implemented over:

8 sessions +

1 Celebration session +

2 Reconnector sessions

The groups meet in class time and will be facilitated by a trained adult known as a '**Companion**'.

WHAT PARTICIPANTS LEARN ABOUT IN THE PROGRAM



The Seasons for Growth Program is based on the work of J William Worden’s Tasks of Grief and adapted to an educational group model:

WORDEN’S TASKS	SEASONS FOR GROWTH TASKS		SESSION CONTENT
Accept the reality of the loss	Acknowledge the reality of change and loss in life	AUTUMN	Session 1: Seasons Session 2: Change
Work through the pain of grief	Learn about possible reactions to change and loss and how each has experienced these	WINTER	Session 3: My Story Session 4: Reactions
Adjust to an environment in which the significant person is no longer present	Develop skills to assist in processing their grief	SPRING	Session 5: Feelings Session 6: Memories & Forgiveness
Emotionally relocate the person and move on with life	Explore ways of letting go and moving forward	SUMMER	Session 7: Choices Session 8: Moving on

DOES THIS PROGRAM WORK?



The **Seasons for Growth Program** has been externally evaluated three separate occasions in 1999, 2004 and 2005. The Evaluations have found that the Program:

- Builds self esteem through self acceptance (**resilience**)
- Reduces the sense of isolation (**connectedness**)
- Enhances communication skills (**resilience & social competence**)
- Awakens hope (**resilience & social competence**)
- Provides strategies for moving on (**resilience & social competence**)

Parents, Companions, School Principals and Agency Managers believe without exception that the Program is beneficial to Participants.

WHAT DOES SEASONS FOR GROWTH DO?



Many Participants in the Evaluations said, they had been able to:

- **Seek support, when necessary, from the Companion outside the formal processes of the program**
- **Form friendships and support networks with others in the program**
- **Communicate better with their parents or siblings**
- **Understand that life moves on and that changes do happen**
- **Cope better with their emotions.**



How might the imagery of the seasons help young people to understand about change and loss in their lives?

What do you do to support your child during times of significant change and/or loss?



In documenting bereavement issues of grieving children Worden (1996) identifies the need for the following:

- Adequate information
- Having fears and anxieties addressed
- Reassurance they are not to blame
- Careful listening
- Validation of individual's feelings
- Help with overwhelming feelings
- Involvement and inclusion
- Continued routine activities
- Modelled grief behaviours
- Opportunities to remember
- What is most difficult during these times?

SCHOOL CONTACT DETAILS



Coordinator: Mrs Rona Coughlan and Mrs Gillian Curry

Companion/s: Mrs Kathleen Kennedy and Mr Robert Fyfe

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