

# Seasons for Growth Children & Young People



## Understand

Understand the grief process and recognise your feelings and reactions to loss are normal.



## Develop

Develop skills for coping, problem solving and decision-making. Build a peer-support network



## Restore

Restore self-confidence and self-esteem

## About the Workshop

The program is delivered to small groups over eight sessions. Each participant receives a journal.

Seasons for Growth helps children and young people to:

- Learn about how the death of a loved one, parental separation/divorce, or other significant loss event may impact on their lives
- Learn the knowledge, skills and attitudes required to understand and respond well to such experiences



Australian Government



Queensland  
Government



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REGIONAL COUNCIL