

Seasons for Growth - Stormbirds (youth)



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

Stormbirds is a small group program that supports your child in understanding and managing the changes they experience as a result of a natural disaster.

The Stormbirds program has two levels.

Level 1: 5 - 10 years, Level 2: 11 - 16 years

The program is delivered to small groups over four sessions.

Each participant receives a journal to complete throughout the program.



Australian Government



Queensland Government



Fraser Coast
REGIONAL COUNCIL