

## Seasons for Growth Enrolment Time

Dear Parents and Carers,

Beginning early in Term 3, we will be implementing a 9 session program called 'Seasons for Growth' which is run by Good Grief, through the sisters of St Joseph: <https://www.goodgrief.org.au/>. Staff who are formally trained as 'Companions', spend time with a small group of students who are dealing with some aspect of change, separation, loss or grief. The sessions do not provide counselling or therapy.



They do:

- aim to support young people to understand and manage the grief that is experienced because of change, the loss of a parent or significant other through death, separation or divorce.
- assist in normalising the emotions associated with the loss
- encourage the expression of thoughts and emotions
- educate about the grief process
- develop a peer support network
- help restore self-confidence and self-esteem
- draw on extensive research in developing a sound educative response to loss and grief. 'Seasons for Growth' provides opportunities for students to integrate the appropriate knowledge, skills and attitudes to understand and cope with change, loss and grief, using the metaphor of the seasons.

It helps children to:

- accept the reality of loss
- work through the pain of grief
- adjust to an environment in which a significant person is no longer present
- emotionally relocate and move on with life. However, they do suggest that the young person participates in the program six to twelve months after the loss, as they are in a better position to cope with the program. This program is strictly confidential and implemented with discretion and sensitivity.

Please feel free to talk to Lisa Conroy if you have any concerns or issues you would like to discuss further regarding this nomination. If you think that this program is something that your child would benefit from, please talk to your child and their teacher, then contact me at school: 62924500 or [lisa.conroy@cg.catholic.edu.au](mailto:lisa.conroy@cg.catholic.edu.au)

After nominations are made and numbers are ascertained, a permission slip and further information will be sent home via your child.

