



Seasons for Growth® Parent Program: Supporting your child following separation and divorce

Parent Invitation

We are delighted to be offering a new program for parents this term – the *Seasons for Growth*® Parent Program: Supporting your child following separation or divorce.

Since 1996 Good Grief has offered the highly successful *Seasons for Growth*® program for children and young people. For many years, parents whose children have participated in the *Seasons for Growth*® Young People's Program have been asking 'Is there a program that can help parents, too?'

The *Seasons for Growth*® Parent Program has been developed to meet this need. The program provides an opportunity for you to reflect on the experience of separation and divorce from your child's perspective, and to explore ideas and strategies that might help you support your child/ren through the changes happening in your family.

The *Seasons for Growth*® Parent Program: Supporting your child following separation or divorce is a small group program for 6-12 parents. It will be held over two X two hour sessions and is for parents only.

Dates: 19th and 26th July from 4pm -6pm.

Venue: Canberra Baptist Church, Currie Crescent, Kingston

Cost: \$20 (participant journal and afternoon tea).

For more information or to express your interest taking part in the *Seasons for Growth*® Parent Program, please contact a Seasons for Growth Companion at your child's school or email Karen Muir at Karen.muir@goodgrief.org.au or Belinda Groves at Belinda@canbap.org