

What other say about Seasons for Growth...

"I got friends and support from the group."

Deborah 14yrs

"I'm not that different from other people"

James 11yrs

"I'm not on my own" Lucy 8yrs

"The most important thing I have learned is ways to help solve my problems" Jack 15yrs

"I liked doing the work in my journal. It's fun and you get friends" Emily 6yrs

"I learned ways to help with my feelings" Rhys 10 yrs

"I think it's a really positive experience/support" Jane (Parent)

Who else can help?

Childhood Bereavement Network

020 7843 6309

www.childhoodbereavementnetwork.org.uk

Childline

0800 1111

www.childline.org.uk

Parent Line Plus Scotland

0808 800 2222

www.parentlineplus.org.uk

For more information about

Seasons for Growth

please contact:

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☎ 07721 112778

✉ seasons@aberdeenshire.gov.uk

Seasons for Growth also offer two adult courses:



Parents Programme



Adults Programme



Programme information for
Parents and Carers

It's Ok, Not to be Ok
Let us help you to start the
conversation and support you
to keep it going...

In Association With

Aberdeenshire
COUNCIL



THE NOTRE DAME CENTRE
Support for Children, Young people and Families



What is *Seasons for Growth*?

Programme Information

Like the seasons, Life changes.....

This programme is an opportunity for young people aged 5-18 to:

- Learn about the effects of significant change in their lives and explore the impact of change and loss on everyday life
- Understand it is normal to experience a range of emotions because of loss
- Develop new skills in coping with their feelings and respond to these changes
- Appreciate and nurture their strengths
- Participate in a group with a caring adult and peers

Seasons for Growth is an educational programme – it does not provide counselling or therapy!

Seasons for Growth is about the individual and their responses to change and loss. It does not focus on circumstances or issues which are private to your family.

Confidentiality is guaranteed

How does *Seasons for Growth* work?

- The *Seasons for Growth* programme has 4 levels for children and young people from 5 -18 years
- The programme is facilitated in small groups of 4-10 accompanied by 2 trained adults called companions.
- *Seasons for Growth* explores important concepts such as loss, change, feelings, coping memories, decision making and support networks
- *Seasons for growth* works because the skills young people learn in the programme they take with them for life.

**Most importantly
Seasons for Growth
is an enjoyable, creative
and safe learning experience**



Who is *Seasons for Growth* for?

Anyone living with the effects of change and loss. Many factors can cause change such as:

- Friends can come and go
- Loss of someone or something you love
- Parents and families separate
- Moving to a new place
- Impact of illness
- Family work-life changes



Seasons for Growth provides support and space for children and young people to:

Learn about how different people respond to change, loss and grief

Understand that it is normal to experience a range of grief reactions

Explore new approaches to dealing with change, loss, and grief in their lives

Build communication, decision making and problem-solving skills

Participate in a supportive network of peers and adults

Integrate their learning into their relationships with family, friends, and others