

Seasons for Growth



Young People's Program:

fostering resilience and wellbeing in children and young people.

Life is like the Seasons

Seasons for Growth is an evidence-based change, loss and grief education program that uses the imagery of the seasons to illustrate the experience of change, loss and grief.

Children and young people can experience grief following significant changes and losses:

- ◆ Someone they love dies
- ◆ Separation and divorce
- ◆ Friendship changes
- ◆ Illness impacts their life
- ◆ Relocation
- ◆ Natural disasters

Seasons for Growth aims to strengthen the social and emotional wellbeing of young people by:

- ◆ Exploring the impact of change and loss on every-day life
- ◆ Learning new ways to respond to these changes.

Program Structure

The *Seasons for Growth* Children and Young People's Program is a small group program which runs for 45 minutes over eight weeks.

Level 1 (ages 6-8 years) **Level 2** (ages 9-10 years)
Level 3 (ages 11-12 years) **Level 4** (ages 13-18 years)

Each session explores a theme using the seasonal imagery:

- ◆ Life is like the Seasons
- ◆ Change is Part of Life
- ◆ Valuing My Story
- ◆ Caring for my Feelings
- ◆ Making Good Choices

The program provides a safe space for young people where they can give voice to their experiences, understand their feelings, learn problem-solving and decision making skills, develop friendships, and recognise they are not alone.

A *Seasons for Growth* journal is provided to each participant to document their learning journey.

"I would say that it was an amazing experience and that I got a lot out of it. I would definitely recommend it."

YOUNG PERSON

Contact Us



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Expression of Interest:

Email info@tkc.wa.edu.au stating your child's name and year group. The relevant Head of Year will then make contact with you.