

Seasons for Growth

Seasons for Growth is a change, loss and grief education program that draws on the metaphor of the seasons to understand the experience of grief. It builds the knowledge and skills necessary to strengthen social and emotional wellbeing following significant change or loss by:

- Exploring the impact of change and loss
- Learning about effective ways to respond and adapt

Participants learn that they are not alone in their experience of change, loss and grief, and are able to build their communication, decision making and problem solving skills within the context of a safe and supportive peer group learning environment.

The Seasons for Growth program is grounded in sound, person-centred educational principles.

The program does not provide counselling or psychotherapy.