

# What people say about *Seasons for Growth*

**"While the program was designed to assist people to manage grief and loss, *Seasons for Growth* does much more ... (evaluation) findings indicated that the program has assisted people to cope with stress, manage difficult situations, and be aware of and acknowledge their own needs."**

Dr Delwyn Goodrick (Program Evaluator 2008)

**"When you do this course and have a problem and write it down, it focuses you ... Part of it is the changes in your own life that you see through the group, but part of it is hearing about the changes in other member's lives too. It's empowering."** Participant

**"The telling of the story in an atmosphere of confidentiality ... is a comforting situation."** Sandy - Participant

**"It was such a relief to know I wasn't going mad, I was grieving and that that is normal."** John - Participant

**"It didn't just help me with the past. It is helping me with the future as well. I was blessed to be able to let go of resentment that I had held onto for many, many years. I developed tools that have helped my recovery."** Participant



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Change and loss are part of life, and grief is a normal response to these losses.



# Like the seasons

## life changes

- Families separate
- We lose someone we love
- We suffer the effects of adoption
- We become dislocated from our culture
- Property is lost through natural disaster
- We suffer the effects of illness or abuse
- We experience unemployment
- There are changes in our workplace

*Seasons for Growth* is an innovative education program which explores the effects of change, loss and grief. It has experienced great success in Australia and New Zealand.

A trained 'Companion' facilitates the seminar or small group program, in which participants explore feelings, memories, loss and grief in a safe and creative way.

*Seasons for Growth* is an education program. It does not provide counselling or therapy.

## ***Seasons for Growth Adult Program works with people to help them understand and express their experiences of change***

The *Seasons for Growth Adult Program* was first launched in 1999. Since that time, it has proven to be an invaluable resource for building resilience and fostering social and emotional wellbeing in thousands of adults across Australia and overseas.

### **The Adult Program**

The ***Understanding Change, Loss and Grief Seminar*** is designed for use in a wide variety of contexts where groups and individuals are seeking to deepen their general understanding of the nature and impact of change, loss and grief on their lives or in their workplace.

The ***Exploring the Seasons of Grief*** small group program is designed to provide an in-depth understanding of the impact of loss and grief on an individual's wellbeing.

**Mode of delivery are through 4 sessions**

### ***Seasons for Growth offers a range of activities to allow each individual to:***

- *Explore* the skills needed to manage the effects of loss.
- *Understand* that it is normal to experience and express a range of emotions around grief and loss.
- *Review* present beliefs and plan for a realistic and hope-filled future.
- *Develop* an integrated sense of self and higher self-esteem.
- *Take part* in a caring network of peers and adults.
- *Build* effective relationships with families, friends and others.

