

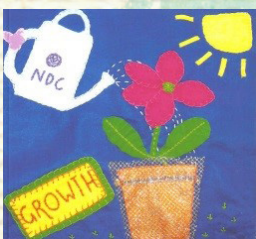
# Seasons for Growth

## PARENT PROGRAMME



A two-part innovative education programme developed to meet the needs of parents supporting children and young people through family change and loss.

The programme does not provide counselling or therapy.



Notre Dame Centre  
Glasgow

### **What does it do?**

*Seasons for Growth* Parent Programme provides an opportunity for parents to better understand the experience of death, separation and divorce and bereavement from a child's perspective, and to explore ideas and strategies that they may wish to consider as they support their children transition through family change.

The programme aims to strengthen the social and emotional wellbeing people dealing with significant life changes by exploring the impact of change and loss on every-day-life, and learning new ways to respond to these changes.

### **Who is it for?**

Parents looking to support their children through family change and loss.

Change affects everyone differently, as does grief. It's the impact of the change, not the event itself that *Seasons for Growth* focuses on.

The *Seasons for Growth* Parent Programme builds on the philosophy and strengths of other *Seasons for Growth* programmes - small group, grief and loss education programmes for children, young people and adults that use the imagery of the seasons to illustrate the experience of grief.

## How does it work?

*Seasons for Growth* Parent Programme aims to assist parents to understand the experience of death or separation and divorce from a child's perspective, and to learn about the most effective ways to support their child/ren.

This distinctive child-centred approach provides emotional space and a non-judgemental environment for parents to wonder, share, discuss and learn how to care for and nurture their children after separation, divorce or the death of someone they love.

The programme offers a range of activities that allow parents to learn about:

- how children react to change and loss
- what parents can do to help their child
- communicating with their child
- the *Seasons for Growth* approach to understanding and managing, change loss and grief
- caring for themselves as a parent and a person.

## How is it delivered?

The *Seasons for Growth* Parent Programme has two separate components:

1. Supporting your child following separation and divorce
2. Supporting your child following the death of someone they love.

Delivered as 1 x 4 hour or 2 x 2 hour sessions with a small group of 5-10 parents by a trained 'Companion'

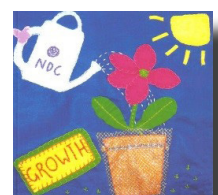
## Outcomes

The *Seasons for Growth* Parent Programme provides the support and space to:

- **Learn** about how children and young 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 the lives of their children
- **Build** communication, decision making and problem solving skills
- **Participate** in a supportive network of adults
- **Integrate** their new learning into their relationships with their family

The *Seasons for Growth* Adult Programme may be an appropriate next step for parents who wish to spend time exploring their own change and loss experience and learn coping skills to manage and continue moving forward.

For more information



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