



# SEASONS FOR GROWTH®



THE UNIVERSITY OF  
**NEWCASTLE**  
AUSTRALIA

Seasons for Growth is a short, supportive program based on the belief that change and loss are part of life and grief is a normal response to these losses. The Seasons for Growth program provides an opportunity for adults to learn the knowledge, skills and attitudes required to understand and respond well to grief and loss experiences such as death, separation, divorce or change in family structures.

At each level of the Seasons for Growth Program, the sessions follow the cycle of the four seasons:

- *Autumn* - Sessions 1 and 2: change and loss are part of life.
- *Winter* - Sessions 3 and 4: different ways people experience change and loss
- *Spring* - Sessions 5 and 6: assist with adapting to change and loss.
- *Summer* - Sessions 7 and 8: ways that help in moving forward with life.

The Seasons for Growth program is usually conducted over 4 x 3 hour sessions with individuals or small groups.



To enquire when and where **Seasons for Growth** is being offered, please check the Resourcing Parents Website: <http://resourcingparents.nsw.gov.au/>  
Or contact The Family Action Centre on 4921 6858

