

Seasons for Growth



Growing Your Professional Learning:
fostering resilience and wellbeing in
children and young people.

*'Great program!
I believe it changes
people's lives...'*
- Seasons for Growth
Companion



Seasons for Growth is a change and loss education program supporting children and young people following significant life events.

Program Overview

Seasons for Growth is an evidence-based, early intervention program that strengthens emotional wellbeing of children and young people who are dealing with changes in their life by:

Exploring the impact of change and loss on every-day life

Learning new ways to respond to these changes.

There are four levels of the program to support children and young people 6-18 years. 'Companions' train to facilitate the small group (4-7 participants) over 8 sessions.

Companions include teachers, chaplains, psychologists, social workers and appropriately skilled professionals and volunteers.

Engage in the theory and principles underpinning *Seasons for Growth*, experience the content, and learn strategies for implementation.

Seasons for Growth is recognised as an evidence-based program:
Communities for Children facilitating partners

Outcomes

- Helps** children and young people experiencing change, loss and grief;
- Builds** participants' understanding and skills and enables them to express their views, thoughts and feelings;
- Strengthens** participants' social and support networks;
- Improves** participants' wellbeing.

Professional Learning

Completing *Seasons for Growth* will contribute to **10 hours of NESA Registered PD addressing 3.2.2, 3.3.2, 4.2.2, 6.2.2, 7.2.2** from the Australian Professional Standards for Teachers towards maintaining Proficient Teacher Accreditation in NSW.

Completing *Seasons for Growth* will contribute to **10 hours** of ACT Teacher Quality Institute (TQI).



Australian Government
Australian Institute of
Family Studies

Seasons for Growth Book Your Two-Day Online Training:

9 & 10 February, 2021

Time: 8.50am - 3.00pm

18 & 19 February, 2021

8.50am - 3.00pm

24 & 25 February, 2021

8.50am - 3.00pm

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