

2018 SEASONS FOR GROWTH PROGRAM

The Seasons for Growth school program is based on the belief that grief is normal and can be a valuable part of life and that children need to be provided with the opportunity to examine how grief, as a result of death, separation or divorce has impacted on their lives.

The program is based on research, which highlights the importance of social support in dealing with grief.

Seasons for Growth

- Assists students in understanding that the emotions associated with their losses are normal.
- Encourages the expressions of thoughts and emotions.
- Helps restores self- confidence and self-esteem.
- Develops a peer support network.

The program caters for different age levels where groups are limited to 4-6 children. The children are withdrawn from class once a week for 40 minutes. Each session is facilitated by the same Companion, and children participate in eight formal sessions, one celebration session and two 'reconnector' sessions.

Mrs Mary-Jo Mason is the trained Companion at St Monica's this year.

The children must have parental permission to attend the program.

At this stage we are looking for expressions of interest from parents who believe such a program would benefit their child/children.

Please fill in the form below and return to school by Friday 23 February 2018.

If you have any queries about the program please feel free to contact me.

Mary-Jo Mason
Assistant Principal

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(Return to Mrs Mason by Friday 23 February 2018)

I _____ (Parent) am interested in my
(Print Name)

child _____ in _____
(Print Name) (Homeroom)

attending the **Seasons For Growth Program** this year.

Signed: _____

Date: _____