*Seasons for Growth* Children and Young People's Program

Change is an inevitable part of life and one that can be challenging to navigate. By sharing with one another and learning the ranges of responses to events in their lives, young people can identify their own strengths and resources to prosper.

Seasons for Growth is an evidence-based program created by ‘Good Grief’ and delivered at Tumbi Umbi Campus by a trained staff member known as a ‘Companion’. Students learn skills to cope with change and build resilience, with a particular focus is on grief and loss. Seasons for Growth is psycho-education, meaning an opportunity for young people to learn about dealing with life’s events; it is not a type of therapy.

Students sit among peers in a space where they can voice their experiences in a safe environment. The program involves eight weekly sessions, where the seasons are used as a metaphor for phases of change. There is plenty of discussion and activities including drawing, journaling, music and art.

Some examples of life changes that affect young people who come through the program include but are not limited to; separation of parents, death of a family member or friend, being displaced or moving, incarceration of a loved one, illness, significant relationship changes and more recently coping with the covid-19 pandemic.

Students may self-refer to Seasons for Growth, parents and carers can contact the school to refer their child, or a student may be suggested a suitable candidate by nominated staff member with permission from the young person’s parent/carer.