

Seasons for Growth

How to live with change and loss

Everyone is affected by change and loss at some time in our lives. At St Joseph's Primary we recognise that when changes occur such as separation, divorce, death, school transitions and natural disasters, children may benefit from learning the skills to manage these changes effectively. We are therefore offering an educational program called ***Seasons for Growth*** which will commence week two, term four 2024.

This program is facilitated in small groups of up to 7 participants and is based on research which highlights the importance of social support and the need to practice new skills to cope effectively with change and loss. The program focuses on building skills such as how to manage feelings, problem-solving, decision-making, effective communication and develops peer support networks. Participation in the program can promote improved self-esteem and self-confidence as well as giving children the opportunity to find their own voice amid change.

If you think your child/ children would enjoy joining the ***Seasons for Growth*** program, we encourage you to talk to him/her about it. We are pleased to be able to offer this successful program and we are confident that it will be a valuable learning experience for those involved. If you require further information please contact Bronwyn Parry, Bronwyn.parry@lism.catholic.edu.au.

[Seasons for Growth Expression of Interest](#)

