



# ST MARY'S CATHOLIC PRIMARY SCHOOL



## Seasons for Growth- A Grief and Loss Programme



Seasons for Growth is an educational programme for small groups of children whose parents have given approval for a trained adult companion to facilitate the exploration of feeling and memories associated with loss and grief.

The programme is based on the belief that grief is a normal and valuable part of life and that children and adolescents 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 programme for primary aged children consists of three developmental levels. Each level consists of eight sessions that explore issues such as change, loss, managing feelings, coping strategies and support networks.

The programme concludes with a celebration session with the children 'reconnecting' twice during the latter part of the year to discuss further issues that may have arisen.

Seasons for Growth encourages young people to value who they are, to modify their thinking, attitudes and beliefs about life and to take charge of their behaviours. Through the learning process, participants acquire and practise new skills, learn ways of thinking and explore more effective ways of coping with change and loss that they have experienced in their lives.