
SEASONS FOR GROWTH

This eight-week program is for children aged 6 to 12 who have experienced grief and loss in their lives due to significant changes such as death, separation of parents or a natural disaster.

Who is it for?

Children who have suffered significant change or loss.

How does it help?

Seasons For Growth will teach children to:

- understand and talk about the normal range of emotions experienced during major change, grief and loss
- build positive relationships with family and friends
- participate in a caring and confidential network of peers and adults
- understand the concept of resiliency
- plan for a realistic and hope-filled future



**Bookings essential
call 8522 4400**

MONDAYS

4 pm - 6 pm

**from 10 February to
31 March 2025**

8 sessions to be attended

VENUE

Level 3, Suite 301
304-318 Kingsway, Caringbah

COST

\$50