



SEASONS FOR GROWTH

Seasons for Growth offers children and young people a safe space to come together and share their experiences of change and loss.

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

This program helps 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
- Develop resiliency
- Plan for a realistic and hope-filled future



**Bookings essential
Intake call required
call 8522 4400**

MONDAYS

**from 4 May to 29 June 2026
(break for King's bday 8 June)**

4 PM - 5 PM

8 sessions to be attended

VENUE

**Level 3, Suite 301
304-318 Kingsway, Caringbah**

COST

\$50