

Expression of interest for Seasons for Growth



Dear Parents/Carers,

Change and loss are issues that affect all of us at some stage in our lives. At Holy Family, we recognise that when changes occur in families through death, separation, divorce or related circumstances, young people may benefit from learning how to manage these changes effectively. We are therefore offering a very successful education program called Seasons for Growth. This program is facilitated in small groups of 4-6 students of a similar age and is based on research that highlights the importance of social support and the need to practise new skills to cope effectively with change and loss. The program focuses on issues such as self-esteem, managing feelings, problem-solving, decision-making, effective communication and support networks.

Seasons for Growth runs for eight weeks and each weekly session is 40-45 minutes. The program concludes with a 'Celebration' session. Later in the year each group will have the opportunity to meet for two further sessions to build on their earlier learning.

Seasons for Growth will be facilitated by Maree Board who has received special training in the use of this program. If you think your son or daughter would benefit from this program we encourage you to talk to him/her about this. Should he/she decide to participate please fill in the tear-off section below and return to the school by 14/5/21.

Holy Family is pleased to be able to offer this important program and we are confident that it will be a valuable learning experience for those who are involved.

Maree Board

.....

I _____ give permission for my
son/daughter _____ in
_____ (class) to attend the Seasons for Growth program. I have
discussed with this with him/her.

Parent/Guardian Signature

Child's Signature