

I am interested in the Seasons program, and would like to find out about current courses.

## 'Seasons' Grief and Loss

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ P/Code \_\_\_\_\_

Phone: \_\_\_\_\_ (W)

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*Centacare Catholic Family and Community Support Services is an agency approved by the Department of Family and Community Services. All educators are trained and accredited in relationship education. Companions are trained in the Seasons program.*

*We have a Privacy Policy that manages any personal information you give us. If you have any queries, please contact the numbers listed on the back of this brochure.*

## Contact Details:

### Hervey Bay

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PIALBA QLD 4655

### Maryborough

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MARYBOROUGH QLD 4650

FOR FURTHER INFORMATION  
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or Hervey Bay Office  
07 4194 0172

FAX: 07 4121 0123

Postal Address:

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MARYBOROUGH QLD 4650

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Catholic Family and Community Support Services

## 'Seasons'

### A Program for Children's Grief and Loss

**Designed to assist  
children and young people in  
coping with the grief  
experienced through death or  
family breakdown following  
separation/divorce.**



## Who can benefit from the 'Seasons' program?

Seasons is a peer support program for children and young people aged between 5 and 18 years of age to help them cope with the grief and loss experienced through death, separation or divorce. Seasons also helps the families of these children and young people.

Separate sessions are run for those children experiencing loss through death of a significant person in their lives to those who are undergoing the loss and changes associated with separation/divorce.

Seasons is suitable for implementation in schools, community settings, health and welfare organisations, parishes.

Peer Support

## About the Program

*'Seasons' is an Australian program which was written and developed in Melbourne.*

*The program consists of 10 weekly sessions. Each session is around 45 minutes.*

*Groups are for 5-6 young people and are facilitated by a trained adult 'Companion'.*

*'Seasons' aims to give the young people the opportunity to express, acknowledge, normalise and integrate their grief experience.*

*It is a peer support program and not a series of therapy sessions.*

*'Seasons' has been written to accommodate different religious beliefs, cultures and age groups.*

*Groups are held for five age levels, ie. ages 5 to 7, 7 to 9, 9 to 12, 12 to 15 and 16 to 18 years.*

*CONFIDENTIAL*

## Benefits of the 'Seasons' program.

There is a time for every season  
a 'me' time  
this time  
my time  
of loss.

'Seasons' acknowledges the importance of offering support and encouragement at a crucial time of young people's lives.

The normal developmental tasks of childhood and adolescence are added to during times of grief and loss. 'Seasons' helps to provide ongoing support beyond when the immediate attention from crisis loss has diminished or ceased.

'Seasons' can be implemented through the school community, offering valuable support, a safe environment, additional resources and catering to individual needs.