

What parents found beneficial in the *Seasons for Growth*® Parent Program: Supporting your child following separation and divorce.

“Time out for me to learn about how to help my children.” Participant

“The reminder of my son’s changing seasons as he grows and also the reassurance that the season will change. I also enjoyed the camaraderie and support from the group. Sometimes it is just comforting to hear the words ‘me too’ from others on a similar journey.” Participant

“Sharing stories, normalising the difficulties, feeling supported and not judged.” Participant

“Just to be given the tools to be able to help understand my children.” Participant



Parent Program

is a Good Grief program



good grief

Growing through Change

For more information contact us:

Good Grief National Office
PO Box 1023
North Sydney NSW 2059

phone: 612 8912 2700
email: info@goodgrief.org.au
website: www.goodgrief.org.au

In your community:

Copyright. All rights reserved.
No part of this publication may be reproduced in any form including photocopying without written permission from Good Grief Ltd.

www.goodgrief.org.au

Parent Program:

Supporting your child following separation and divorce



When parents separate or divorce, life changes for the family.

The **Seasons for Growth® Parent Program** is an innovative education program that provides parents with the opportunity to better understand the experiences of separation and divorce* from a child or young person's perspective and to explore ideas and strategies they may wish to consider as they support their child through family change.

The **Seasons for Growth® Parent Program** builds on the philosophy and strengths of other *Seasons for Growth®* programs – small group, grief and loss education programs for children, young people and adults that use the imagery of the seasons to illustrate the experience of grief. The programs aim to strengthen the social and emotional wellbeing of people dealing with significant life changes by exploring the impact of change and loss on every-day life, and learning new ways to respond to these changes.

** Component One of the Parent Program focuses on supporting children after separation and divorce. Component Two focuses on supporting children after bereavement and will be available in 2015.*

Program aim

Seasons for Growth® Parent Program: Supporting your child following separation and divorce aims to assist parents to understand the experience of separation and divorce from a child's perspective, and to learn about the most effective ways to support their child/ren.

Program structure

The **Seasons for Growth® Parent Program** is delivered as 2 x 2 hour sessions or 1 x 4 hour session. Each parent receives a Journal to complete throughout the program.

Trained 'Companions' facilitate the parent program, where parents wonder, share, discuss and learn how to care for and nurture their children post separation and divorce.

All *Seasons for Growth®* programs are education programs, and they do not provide counselling or therapy.



Seasons for Growth® Parent Program: Supporting your child following separation and divorce offers a range of discussions and activities that allow parents to learn about:

- how children react to change and loss
- what parents can do to help their child
- communicating with their child
- the *Seasons for Growth®* approach to understanding and managing change, loss and grief
- caring for themselves as a parent and a person.

