



# Seasons for Growth

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

## Children will learn:

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

**Tuesdays, 4:00pm to 5:00pm**  
**15<sup>th</sup> February to 11<sup>th</sup> of April**  
**With 1 week break on the 28<sup>th</sup> of March**  
**Cost: \$50 per child**  
Venue: Caringbah Interrelate  
Address: 383-385 Port Hacking Rd Caringbah

Bookings Essential – Phone 8522 4408