

Seasons for Growth

Adult Program



Seasons for Growth strengthens the emotional and mental wellbeing of adults who are adapting to experiences of change, loss and grief in their lives.

Who is Seasons for Growth for?

Adults impacted by change, loss and grief, which may arise from experiences such as:

- family separation or divorce
- loss of someone or something you love
- relocation
- illness
- family work-life changes
- individuals imprisoned
- impacts of natural disasters and COVID-19.

How does it work?

Seasons for Growth is a small group program that combines psychology, education and peer support, within a person-centred learning approach. Participants learn that change and loss are a part of life and that they are not alone in dealing with the effects of these experiences. The program aims to normalise participants' experiences and can increase protective factors (including building personal resilience and social skills) while minimising some risk factors (including isolation) that influence mental health and wellbeing.

Outcomes

Seasons for Growth provides support for adults to:

- **learn** how different people respond to change, loss and grief
- **understand** that it is normal to experience a range of grief reactions
- **explore** new approaches to dealing with change, loss and grief in their lives
- **build communication**, decision-making and problem-solving skills
- **participate** in a supportive network of peers and adults
- **integrate** their new learning into relationships with family, friends and others.

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Grieving is like being in a fog: you can't see much, and you wonder if people can see you. Seasons for Growth helped lift the fog.

Adult Participant, Seasons for Growth



How is it delivered?

Trained 'Companions' facilitate either or both of the following elements of the Seasons for Growth Adult Program:

Exploring the Seasons of Grief, delivered over 4-8 sessions, is a small group (4-7 participants) grief and loss program.

Understanding Change, Loss and Grief

is a 3-hour seminar designed for use in a wide variety of contexts with up to 25 participants, where groups and individuals are seeking to deepen their general understanding of change, loss and grief.

Companions may be agency staff, endorsed volunteers or other suitable adults who undertake a two-day training workshop.

Evidence and evaluation

Since 1996 numerous reviews and evaluations have attested that Seasons for Growth offers an overwhelmingly positive experience and beneficial outcomes across a wide range of settings. Reflecting the objectives of the program, the most recent evaluations concluded that Seasons for Growth:

- **builds** understanding and skills in managing change, loss and grief.
- **improves** participants' emotional wellbeing
- **enables** participants to express their views, thoughts and feelings
- **strengthens** participants' social and support networks.



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Participants achieved increased knowledge, skills and understanding about change, loss and grief and tools to help manage both current and past issues.

Mental Health Association NSW

Further information

The [Seasons for Healing Program](#) provides culturally safe support for Aboriginal and Torres Strait adults, offering an educational, cultural and therapeutic approach to assist in healing from loss and grief.

Useful links:

[Keeping Spirit Strong Support Directory](#) supporting First Nations families and communities experiencing loss and grief.

Seasons for Growth [Children and Young People's Program](#)

Contact us

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