



Central Otago REAP offer a suite of Good Grief and Seasons for Growth Programmes plus a range of information to support local families and professionals.

Seasons for Growth Children and Young People's Programme

Seasons for Growth offers children and young people a safe space to come together, and share their experiences of change and loss.

The Children and Young People's Programme has a safe and engaging curriculum structure that incorporates a wide range of age-appropriate activities involving **drawing, role-play, stories, discussion, playdough, music and journal activities.**

There are four different levels of the program for children aged 6 years to 18 years. Each level includes eight weekly sessions, a final celebration session and reconnector sessions. Each weekly session explores a concept theme such as, Life is like the Seasons, Change is Part of Life, Valuing My Story, Caring for my Feelings, Making Good Choices.

The learning processes reflect a deep respect for children's capacity to cope, problem-solve, make good choices, set realistic goals and connect with others. Such learning develops best in supportive social contexts with peers (up to 6 children per group) and a caring, skilled adult 'Companion'. **This is why we find school is the best place to run our programmes.** Children's learning is documented in a personal 'Seasons for Growth' journal so that participants can re-visit their insights in the future. There is no cost for this programme.

Adults Programmes – The *Seasons for Growth Adult Programme* consists of two separate components:

The *Understanding Change, Loss and Grief* seminar is designed for use in a wide variety of workplaces and community settings to deepen understandings of the nature and impact of change, loss and grief on the lives of groups or individuals.

The *Exploring the Seasons of Grief* program creates a safe place for participants to learn together in small groups of 4-7 adults. The program supports participants in learning about the personal impacts of change, loss and grief, whilst developing skills in communication, decision-making and problem-solving. This helps to restore self confidence and self-esteem.

Parent Programmes - Seasons for Growth Parent Program

When major change or loss occurs in families, parents' concerns are often framed around important questions such as:

- How do I talk with my child about what's happened?
- What kind of reaction might I expect from my child?
- What can I do to support my child?
- Does it matter if my child sees me upset?
- How will I know what my child wants or needs?

The Seasons for Growth Parent Program has been developed to help answer some of these questions. It provides an opportunity for parents to better understand the experience of death, separation and divorce **from a child's perspective**. The program draws on evidence about what children experience and need help with to transition well through family change.

Facilitated by a trained Seasons for Growth Companion, the distinctive child-centred approach provides emotional space and a non-judgemental environment for parents to share, discuss and learn ideas and strategies to support their children.

The *Seasons for Growth* Parent Program has two separate components:

- * ***Supporting your child following separation and divorce (1 x 4 hour or 2 x 2 hour sessions)***
- * ***Supporting your child following the death of someone they love (1 x 2 hour session)***

Parents will have the opportunity to learn about:

- Children's reactions – ages, stages and other important considerations regarding ways your children may react and cope.
- The Seasons for Growth approach to understanding and managing change, loss and grief.
- How you can help your child – identifying what you can do or change and acknowledging what you can't.
- Communicating with your child – building a warm relationship, talking, listening and finding out from your child what s/he needs.
- Caring for yourself – what you might need in order to provide positive parenting during these difficult times.

Supporting Children to adapt to change

The urgent nature of the global response to COVID-19 has brought with it fast and unprecedented change to family, school and work life. The largely invisible but highly pervasive threat of the virus continues to be a testing time for everyone – with high levels of stress and anxiety further amplified by the realities of restrictions and uncertainty about whether and when life will be 'normal' again.

- We are offering a one hour ZOOM or two hour workshop to support families and professionals to understand the impact of change including COVID 19.

To express interest in one of the programmes - Please contact Mandy Greer or check our website for upcoming programmes near you.

- Te Kaiwhakahaere mō te Matauranga (Education co-ordinator)
- Seasons for Growth Coordinator, Companion and Trainer

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