



Sample *Seasons for Growth*[®] invitation to children and young people

Dear Student,

Change and loss are issues that affect all of us at some stage in our lives. At [Name of School] we recognise that life can be a little difficult for a while when changes occur in families or in our lives through death, separation, divorce or related circumstances. We are therefore offering a very successful program called *Seasons for Growth*. This program is an opportunity for you to learn with a small group of peers who have experienced similar issues. The program will help you learn new skills to cope effectively with change and loss. It focuses on developing strengths in areas such as self-esteem, managing feelings, problem-solving, decision-making, communication and building support networks. *Seasons for Growth* is not counselling. It is an education program that uses a wide range of creative activities to help you learn how to manage well in times of change.

Seasons for Growth has been timetabled to run for eight weeks commencing on [Date] and each weekly session is approximately [one class period]. The program concludes with a 'Celebration' session. Later in the year each group will have the opportunity to meet for two further sessions to build on earlier learning.

IF YOU ARE INTERESTED IN BEING INVOLVED IN *SEASONS FOR GROWTH* AN INFORMATION SESSION WILL BE HELD ON [DATE/TIME/VENUE].

PLEASE COMPLETE THE FORM BELOW AND RETURN IT TO [NAME OF COMPANION/SITE COORDINATOR] BEFORE [DATE].

Signed:

Seasons for Growth Companion/Site Coordinator

I _____ (PRINT NAME) am interested in attending the *Seasons for Growth* Program.

Student Signature

Parent/Guardian Signature