



Have you experienced a change or loss in your life as a result of bereavement, separation/divorce or another situation?

Is it hard to know what to do to feel better about this?

Seasons for Growth can help.

It gives you the chance to meet other young people also coping with change or loss.

It takes place 1 period a week for 8 weeks in school.

It is organised by Marie Prior or Richard Taylor.

What other young people said;

"Listening and talking has helped me "(Girl 15)

"I got friends and help from the group" (Boy 11)

For more information speak to your Guidance Teacher, Marie Prior or Richard Taylor.

