



Seasons for Growth Adult Programme

Seasons for Growth aims to build resilience and bring hope and confidence to adults who have experienced significant change or loss. Grief may be due to any number of experiences: bereavement, relationship breakdown, coming to a new country or experiencing a natural disaster. It may be a recent loss, or something that happened a long time ago.

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

- *Understanding Change, Loss and Grief* (1 x 3 hour seminar session)
- *Exploring the Seasons of Grief* (8 hours in total – 4 x 2 hour small group workshop sessions)

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* programme creates a safe place for participants to learn together in small groups of 4-7 adults. The programme 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.

What Participants say about *Seasons for Growth*:

“Reflecting on how to try not to bottle up my feelings, to do something about my issues. If not I could explode”.

“Meeting new people and realising you are not alone”.

“The structure helped me to explore and push forward into areas that normally I viewed with trepidation and fear. The group of us together felt totally secure”.

“Talking about things – opening up about things that I never have”.

“Talking with others going through the same process of ‘grief’. Being able to actually talk about silly little things”.

Marie Prior, Enhanced Support Officer for Dunbar Cluster Primary Schools will be holding a seminar session on Wednesday 5th February 4.30-7.30pm and Friday 7th February 9am-12pm in the Dance Studio at Dunbar Primary School Lochend Campus. The small group workshop sessions will start in late February. If you are interested in attending any of these sessions please contact her at mprior@dunbarprimary.elcschool.org.uk for further details.