

PARENT AND CARER PROGRAMME

SEASONS FOR GROWTH

Do you need help to support a child or young person through family change and loss?

Who is it for?

Parents and carers looking to support their children through family change and loss.

What does it do?

Helps parents and carers to better understand the experience of death, separation and divorce and bereavement from a child's perspective.

The programme allows parents and carers to learn about:

- How children react to change and loss.
- What parents can do to help their child.
- Communicating with their child The Seasons for Growth. approach to understand and manage change, loss and grief.
- Caring for themselves as a parent/carer and a person.

Dates and Times

Valley Park Community Centre, EH17 8EU, 13/20/27th

March 9.45am-11.45am

Carrickvale Community Centre, EH11 3HH, 8/15/22nd

May, 9.45am-11.45am

Gate 55, EH11 4PB, 4/11/18th

June, 9.45am-11.45am

Tollcross Community Centre, EH3 9QG, 10/17/24th

June, 6.30pm-8.30pm



Please sign up here
<https://forms.office.com/e/ff26BSejD4>

For further details email
engagingfamilies@edinburgh.gov.uk

Outcomes

Learn about how children respond to change loss and grief.

Understand that it is normal to have a range of grief reactions.

Explore new approaches to change, loss and grief in the lives of their children.

Build communication, decision making and problem-solving skills

Participate in a supportive network of adults.

Integrate their new learning into their relationships with their family