Seasons for Growth for Parents:
Supporting your child following separation and divorce

Parent Invitation

In partnership with Good Grief and the Diocese of Lismore, Parent Assembly are offering Seasons for Growth for Parents: Supporting your child following separation or divorce this term in our schools.

For a long time our Diocesan Schools have offered the highly successful Seasons for Growth® program for children and young people. For many years, parents whose children have participated in the Seasons for Growth® Young People’s Program have been asking, ‘Is there a program that can help parents, too’?

Seasons for Growth for Parents has been developed to meet this need. The program provides an opportunity for you to reflect on the experience of separation and divorce from your child’s perspective, and to explore ideas and strategies that might help you support your child/ren through the changes happening in your family.

Seasons for Growth for Parents: Supporting your child following separation or divorce is a small group program for 5-10 parents. It can be held over 2 x 2 hour sessions or 4 x 1 hour sessions and is for parents only.

The date and times are dependent on the availability of the group

Cost: free of charge

Some feedback from our last group –

- “Being with others and listening to their experiences caused me to realise I’m not going through such a hard time. Visual aids, colour and modules very helpful”
- “Identifying the different emotions and stages that both the parent and child go through and how to cope with each stage and what you can expect. “
- “Learning about the progression through the process – the”Season’s” and knowing where I am now and that things will improve. Also learning that the cycle can repeat.”

For more information or to express your interest in being a part of the Seasons for Growth for Parents program this term, please contact Peta Rourke – 0400 420 614 or prourke@lism.catholic.edu.au