

# Companion Training

## Date:

Tu 5/10/21 — 9:am-2.30pm

W 6/10/21—9am-2.30pm

Tu 2/11/21—12.30pm-2.30pm



## About the Training:

To train staff to deliver Seasons for Growth, an accredited loss and grief group for children, young people aged between 5-18 years, or adults. Seasons for Growth is a group intervention for those who have experienced a bereavement or any significant loss or change. The aim is to help participants to manage feelings associated with loss. It runs over 8 sessions with a 9<sup>th</sup> celebration session concluding the experience. The programme develops communication, reduces isolation and helps students to access their education.

## Please note:

Seasons for Growth is a peer group intervention not an individual intervention.

**PLEASE ALSO NOTE THE PERSON TRAINED IS THE ONLY PERSON WHO IS ELIGIBLE TO USE THE COPYRIGHT MATERIALS THEY ARE TRAINED TO USE:**

## Who is it for?

To train 'companions' who will go on to deliver the programme and have the endorsement of their managers/organisation they work for to undertake this role. Self-reflection of personal experiences of loss is part of the nature of the course and should be considered before booking.

**Delivery:** Zoom link and password will be sent

**Cost:** £225 (10% discount on usual price which includes a manual to facilitate the programme which will be sent on payment of invoice)

£400 (20% discount on usual price) if 2 persons in organisation training

## How to apply and for further information:

Please register your interest at [info@seasonsforgrowth.co.uk](mailto:info@seasonsforgrowth.co.uk) and we will send you an application form.

