

# Seasons for Growth

## ADULT PROGRAM



### *Seasons for Growth* ADULT PROGRAMME Companion Training

**Date:**

W 9/2/2022—9:30-3pm  
Th 10/2/2022—9:30-3pm  
Th 3/3/2022—9:30-12:30

PLEASE ALSO NOTE THE  
PERSON TRAINED IS THE  
ONLY PERSON WHO IS  
ELIGIBLE TO USE THE  
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#### **About the Training:**

To train staff to deliver Seasons for Growth, an accredited loss and grief peer support group.

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. The programme runs over four 2 hour sessions or 8 one hour sessions.

The programme develops communication, reduces isolation, helps students to access their education, and enables employees to be more focused.

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

**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:** £375

#### **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