

Seasons for Growth

ADULT PROGRAM



Seasons for Growth **ADULT PROGRAMME Companion Training**

Date:

Th 23/11/2023—9:30-3pm

F 24/11/2023—9:30-3pm

F 8/12/2023—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 and we will send you an application form