

# Companion Training

## Date:

Th 29/2/24 — 9:30am-3pm

F 1/3/24—9:30am-3pm

F 22/3/24-9:30am— 12:30pm



## 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 on receipt of payment

**Cost:** £375 (Price includes a manual and a copy of journal/s to facilitate the programme which will be sent on payment of invoice)

## 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.

