



Centacare

Seasons for Growth

When children experience change and loss after separation or divorce, research shows they can benefit from learning new skills to help them cope with the changes.

**An 8 week program of 45 min sessions
Helping children (ages 6-10) to manage family
separation and loss**

Seasons for Growth focusses on developing strengths in areas such as:

- Self-esteem
- Managing feelings
- Problem solving
- Coping with family change



The workshop is an activity-based small group program run by trained 'companions' for children. It is not counselling but builds skills and resilience.

Venue:

Centacare
45 Wakefield Street
Adelaide, SA 5000

Time: 4:00pm – 5:00pm



Dates:

Tuesday 07 May 2019
Tuesday 14 May 2019
Tuesday 21 May 2019
Tuesday 28 May 2019
Tuesday 04 June 2019
Tuesday 11 June 2019
Tuesday 18 June 2019
Tuesday 25 June 2019

If you think this workshop could benefit your child and you would like further information, please ring Centacare on 8215 6700 and ask to speak to a facilitator from the Parent Education Team.

This project is jointly funded by Centacare Catholic Family Services and the Department of Social Services

www.centacare.org.au