

# PARENT AND CARERS PROGRAMME

## SEASONS FOR GROWTH

Do you need help to support a child or young person through family change and loss?

### Who is it for?

Parents and carers looking to support their children through family change and loss.

### What does it do?

Helps parents and carers to better understand the experience of death, separation and divorce and bereavement from a child's perspective.

The programme allows parents and carers to learn about:

- How children react to change and loss.
- What parent's can do to help their child.
- Communicating with their child
- The Seasons for Growth approach to understanding and managing, change, loss and grief.
- Caring for themselves as a parent/carer and a person.

### Date and Time

#### 1pm-2pm:

- Info Session: Mon 2nd March

#### 12.30pm-2.30pm:

- Mon 9th March
- Mon 16th March
- Mon 23rd March

**Venue:** Craightinny Community Centre, 9 Loaning Road, EH7 6JE

### Sign Up Here

Follow the link or scan the QR code

<https://forms.office.com/e/YNgrifNuAP>



Sign up by  
**Friday 6th March 2026**

For more information contact  
[jillian.hart@edinburgh.gov.uk](mailto:jillian.hart@edinburgh.gov.uk)  
or  
[claire.mcgeary@ea.edin.sch.uk](mailto:claire.mcgeary@ea.edin.sch.uk)

### Outcomes

**Learn** about how children respond to change, loss and grief.

**Understand** that it is normal to have a range of grief reactions.

**Explore** new approaches to change, loss and grief in the lives of their children.

**Build** communication, decision making and problem solving skills.

**Participate** in a supportive network of adults.

**Integrate** their new learning into their relationships with their family