13th June 2015

Dear Parents,

Change and loss are issues that affect all of us at some stage in our lives. At O’Connor Catholic College we recognise that when change occurs in families through death, separation, divorce or related circumstances, young people may benefit from learning how to manage these changes effectively. We are therefore offering a very successful education program called Seasons for Growth. This program is facilitated in small groups and is based on research that highlights the importance of social support and the need to practise new skills to cope effectively with change and loss. This program focuses on issues such as self-esteem, managing feelings, problem-solving, decision-making, effective communication and support networks.

Seasons for Growth runs for eight weeks and each weekly session is 50 - 100 minutes. The program concludes with a “Celebration” session. Later in the year each group will have the opportunity to meet for one -two further sessions to build on their earlier training. These sessions will be offered during school hours.

If there is the need Seasons for Growth will commence early Term 3 and will be facilitated by Mrs Maria Allen who has received special training in the use of the program. If you think your son or daughter would benefit from Seasons for Growth we would encourage you to talk to him / her about this. Should he / she decide to participate, please email me at dfittler@oconnor.nsw.edu.au by Wednesday 15th July, as materials need to be ordered.

O’Connor Catholic College is pleased to be able to offer this important program and we are confident that it will be a valuable learning experience for those who request to be involved.

Sincerely,

Denise Fittler
Seasons Site Coordinator