



Dear Parents

Change and loss are issues that affect all of us at some stage in our lives. At Mercedes College we recognise that when changes occur 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. The program focuses on issues such as self esteem, managing feelings, problem-solving, decision-making, effective communication and support networks.

The Seasons for Growth Program runs for eight weeks and each weekly session is 40-50 minutes. The program concludes with a 'Celebration' session.

Seasons for Growth will commence in the third week of Term Three. I will contact the students who will be taking part in the programme prior to that date.

I have received special training in the use of this program and will facilitate it. If you think your daughter would benefit from Seasons for Growth I would encourage you to talk to her about this. Please feel free to contact me with any questions that you may have regarding the program. Should your daughter decide to participate please fill in the tear-off section below and return to the school by Friday 25th July.

Mercedes College is pleased to be able to offer this important program and we are confident that it will be a valuable learning experience for all those involved.

Mrs Cecily Cropley
Seasons for Growth Site Coordinator

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PLEASE RETURN THIS SECTION TO THE SCHOOL

I give consent for my daughter to attend the Seasons for Growth Program. I have discussed this with her.

[Date] _____

Signed: _____
Parent/Guardian Signature Child's Signature