



Seasons for Growth® Programme Learning to live with change and loss

Change and loss are issues that affect all of us at some stage in our lives. At Smithton Primary we recognise that when changes occur in families through death, separation, divorce and related circumstances, young people may benefit from learning how to manage these changes effectively. We are therefore offering a very successful education programme called Seasons for Growth which will start the week commencing 17th of November.

This programme is facilitated in small groups and is based on research which highlights the importance of social support and the need to practise new skills to cope effectively with change and loss. The programme focuses on issues such as self-esteem, managing feelings, problem-solving, decision-making, effective communication and support networks.

Every family will receive a notice in the near future with more details about the Seasons for Growth programme. If you think your son or daughter would benefit from Seasons for Growth we would encourage you to talk to him/her about participating in the programme.

Smithton Primary is pleased to be able to offer this important programme and we are confident that it will be a valuable learning experience for those who request to be involved. If you require further information, please contact Lauren Ferguson on -

Lauren.Ferguson@highland.gov.uk.