



Supporting your child following separation and divorce



Schools in Clydebank have been running Seasons for Growth groups for children affected by change, loss and grief since 2007. Over 2,000 children and young people have now participated in groups. They tell us that it helps them to cope when things are difficult.



Parents and carers often ask what they can do to support their children following a separation or divorce. Seasons is now able to offer small groups of parents and carers a short course, consisting of two sessions. This helps participants to understand the child's perspective and explore ways to support children to cope with family change. The sessions explore:



- How children react to loss and change;
- What you can do to help your child;
- Communicating with your child;
- The Seasons for Growth approach to understanding and managing change, loss and grief;
- Caring for yourself.



"Nobody loves your child like you do – you have immense experience and wisdom about what your child needs"



If you would like more information or to register for a place on the course, contact the Parenting Team:

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