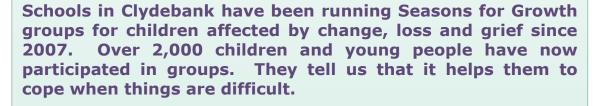






Supporting your child following separation and divorce







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:

Colleen Wilson – 01389 812 319 or Colleen.Wilson@ggc.scot.nhs.uk







