Change and loss are a part of life and grief is a normal response to these. Loss at any time in life can be challenging, especially as we generally receive little support in understanding the feelings associated with loss experiences nor in learning skills for adapting to change and loss. This is particularly the case for children. Further, there is little recognition that loss and grief occur in contexts beyond bereavement.

Seasons for Growth is a not-for-profit suite of research-based loss and grief education programs authored by Professor Anne Graham and further developed through ongoing research at the Centre for Children and Young People. The programs draw upon the metaphor of the seasons to help children, young people and adults understand and adapt to major change or loss and to support them to attend to their grief.

The first Seasons for Growth program was developed in 1996 and further additions to the suite continue to be developed. The programs are implemented in Australia, New Zealand, England, Scotland, Wales and Ireland in primary and secondary schools and a wide range of community-based organisations, as well as prisons. Numerous external evaluations attest to the positive benefits of the programs. There are now over 270,000 children, young people and adults who have participated in a Seasons for Growth program.
The current suite of programs includes:

- Seasons for Growth® Children and Young People’s Program (3rd Edition)
- Seasons for Growth® Adult Program (2nd Edition)
- Seasons for Healing (for Australian Aboriginal and Torres Strait Islander people)
- Stormbirds: Growing Through Natural Disaster (for Children and Young People)
- Seasons for Growth® Parent Program I: Supporting Your Child Following Separation and Divorce
- Seasons for Growth® Parent Program II: Supporting Your Child Following the Death of Someone They Love
- Seasons for Growth®: Suicide Postvention at School (in Partnership with Headspace)

Currently a version of the program is being developed to offer more specific support to children and young people in out of home care.

In addition, Professor Anne Graham continues to work closely with Good Grief and MacKillop Family Services, as well as Seasons for Growth partner organisations internationally, to support this work, including by developing on-going professional learning based around new research evidence.

**Related Academic Publications**
