



stormbirds
Growing through natural disaster

Good Grief Ltd. is offering a resilience building program for children affected by the Victorian bushfires.

Due to some very generous donations, we are happy to provide this program at **no cost**.

Stormbirds: Growing Through Natural Disaster

was adapted from the *Seasons for Growth* program. It was successfully delivered to support the 2003 Canberra bushfire victims.

Stormbirds encourages young people to value who they are and their particular story.

- It **provides** them with the skills to modify (when necessary) their thinking, attitudes and beliefs about life.
- It **encourages** them to “take charge” of their behaviours.
- It **emphasises** the importance of storytelling to acknowledge loss, manage feelings and move forward.

Stormbirds is held in:

- groups of 8, defined according to age
- 4 x 45minutes sessions, run over 4 weeks

Stormbirds:

- Develops skills for coping, problem solving and decision making
- Builds a peer support network
- Helps restore self confidence and self esteem

The Stormbirds program will be hosted for **FREE**, for bushfire affected children in your school...

Stormbirds will be available during **2009 - 2010** according to demand...



good grief
blue sky tomorrow

Bookings are essential: To **register your interest**, please email your name, the name of your school, it's location, expected number of participants and contact details to:
stormbirds@goodgrief.org.au
or phone **02 8912 2700**

www.goodgrief.org.au