

# Seasons for Life

Seasons for Life supports high school communities across Australia with evidence-based loss and grief education following a suicide or other loss event.



**Seasons for Life** strengthens the capacity of young people, and the adults supporting them, to understand and respond well to change, loss and grief.

This initiative is a strategically targeted intervention that builds on the established 25-year evidence base of the **Seasons for Growth** loss and grief education program.

Seasons for Growth was created by Prof Anne Graham AO, Director of the Centre for Children and Young People, Southern Cross University; and is provided by Mackillop Family Services.

Funded by the Department of Health and Ageing (2022-25), Seasons for Life is overseen by a national Advisory Group and will be evaluated by an external university partner.

## High schools participating in Seasons for Life will have:

- Nominated staff trained to deliver the Seasons for Growth program for young people, including program manuals and student journals

- Nominated staff trained to deliver the accompanying parent session, including a session for Aboriginal and Torres Strait Islander families parents/carers
- Support to implement the Seasons for Growth program, including: coaching support from a Seasons for Life Coordinator, access to a Community of Practice and a step-by-step school guide
- A Seasons for Life Coordinator to provide an all-staff professional learning session about change, loss and grief and responding to the needs of young people, including following a suicide related loss.

## Expressions of Interest

For any enquiries regarding participation or to consider this program within your high school context please register your interest via email [seasonsforlife@mackillop.org.au](mailto:seasonsforlife@mackillop.org.au) and a Seasons for Life Coordinator will contact you. Find out more at [mackillopinstitute.org.au/seasons-for-growth](https://mackillopinstitute.org.au/seasons-for-growth).



Mackillop celebrates and draws strength from diversity and respects the dignity of all people. We value an inclusive culture where lesbian, gay, bisexual, trans, queer, gender diverse, intersex and asexual people (LGBTIQIA+) have the right to be safe.



Mackillop Family Services acknowledges the Traditional Custodians and their Elders in each of the communities where we work.