

# Seasons for Growth Companion Profile

**Trish Quig & Lee Bromley**  
**CatholicCare,**  
**Reiby Juvenile Justice Centre**

Working in the juvenile justice setting is a really unique setting and there is the ability through the chaplaincy service to really make a difference, in using through the Seasons for Growth groups which we have been running for 10 years together after an invitation for the Father there who saw a need for the program. The young people have so much grief including for their loss of freedom and with many having experienced many losses in their lives prior to entering the system.

The centre is mixed gender with boys aged 10-16 years, and in the last 3 years females aged 10-22 years. There is often additional change when the male young people have to leave on their 16th birthday from the place that has become their home.

Running the program 3-4 x each year in the chapel, it is often seen as one of the most positive aspects of their sentence by young people, with skills being gained throughout, though often a marked increase following the winter session in behaviour and self harm.

You can really see a difference when we enter the spring and summer sessions, when young people have been able to grasp the principles, you see them lighter, With it all starting to make sense. Lee working in the centre is able to follow things up if needed outside of the sessions. As many young people are serving their sentence for a substantial period of time you can often see the seasons in real time for them. There is also a beautiful blossom tree outside which perfectly shows the analogy through the seasons.

Referrals come from the psychologist and are carefully planned as there is much to think about including restrictions on resources, who is able to be in a group together or not, and the timing to fit in with the very structured routine.



Some previous group attendees are able to do the hospitality tasks such as welcoming people and making hot chocolate, helping group members with reading or writing. Small acts of kindness are celebrated and encouraged and this makes a big difference.

Lee and Trish are specialist grief counsellors so are also involved in supporting young people with memorials in the chapel as they are often not allowed to attend funerals. Due to the high number of aboriginal young people in the centre and the importance of funerals and sorry business there can be many memorials, often being at least one every week. These young people who have experienced a bereavement would be prioritised for group attendance.

Lee and Trish encourage the youth officers to bring the young people down for the group session so they can be involved, this has led to better understanding and support for the program and management have also fed back that they have observed positive impact from SFG as their is a resulting calmness following the program.

There are many 'aha' moments as the young people have the opportunity to see the impact that change and loss has had in their lives as they they build skills for the future.

The support offered through the program is embedded in the approach of the chaplains throughout the service meaning young people are offered a wonderful opportunity to experience the principles of being heard, recognised, respected and cared for.

# Congratulations



On Wednesday 14 November, MacKillop held its Annual Public Meeting. Opening with a Welcome to Country, Gheran Steel, CEO Boon Wurrung Foundation, shared the importance of honouring sacred ground and encouraged all in the room to consider what that looks like for them, both in their work and more broadly in their lives. Gheran also discussed the importance of purpose – knowing who we are as an organisation and what we stand for.

Our purpose was highlighted in presentations by CEO Dr Robyn Miller and Chair Brian Keane.

A strong theme throughout the night were words initially spoken by Mary MacKillop:

## The Award recipients were: Catherine McAuley Awards for excellence

Trish Quig and Lee Bromley  
– Chaplains, Good Grief

Employees of Catholic Care, Trish and Lee have been running *Seasons for Growth* in the Juvenile Justice system for a number of years. They are recognised for their incredible work creating a compassionate setting in a very challenging environment, enabling marginalised young people with extensive trauma histories to acknowledge the change and loss they have experienced, and develop the skills they need for a positive future.

“Never see a need  
without doing  
something about it”.