

# Seasons for Life



## Parent & Carer Session

### Supporting young people following loss by suicide in the community

This 3-hour workshop upskills trained Companions to deliver an educational session for parents and carers, enabling them to recognise grief responses in their child, and know how to respond if their child has been impacted by a suicide loss.

#### Delivering the session

Companions can deliver a 90 minute in-person session for parents and carers, which explains:

- Why loss and grief can be a challenge for young people
- How suicide loss impacts on young people
- What parents/ carers can do to support their children
- Why quality relationships and communication are important.

Sessions can be co-facilitated by a Seasons for Life State Coordinator, who has specialised knowledge and can flexibly work around your schedule.

#### Key benefits

- Increases capacity for clear, gentle and warm communication
- Supports parents, carers and the whole school community
- Provides parents and carers with an educational framework
- Helps young people to learn with more positive engagement at school.

#### Find out more

If you would like to find out more about the program and how your school can benefit, please contact your Seasons for Life State Coordinator:

[info.seasons@mackillop.org.au](mailto:info.seasons@mackillop.org.au)

1300 379 569

#### Seasons for Life: Five components, one wraparound initiative

Schools can choose to benefit from one, more, or all five components.

