

Seasons for Life



Supplementary Session – Suicide Bereavement

The Supplementary Session – Suicide Bereavement is a 2-hour online workshop which aims to build on the knowledge and skills of trained Companions running groups with secondary students. It provides a deeper understanding of grief after a loss by suicide and important aspects to consider when supporting young people.

Loss following a suicide in the community can be particularly challenging for young people. People are often worried about saying the wrong thing, or making the situation worse.

Who is this for?

This session is for any Companion who has completed the 2-day Seasons for Growth Children and Young People's training workshop, and would like to learn more about running a group with young people who have experienced a loss by suicide.

Key benefits

The Supplementary Session provides Companions additional guidance for running groups that may include students who are bereaved by suicide:

- Builds on the foundations of the Seasons for Growth training workshop
- Provides education on safe language when discussing suicide
- Examines specific considerations for group delivery
- Delivered by trainers with specialised knowledge on how suicide impacts behaviours in the community.

Seasons for Life: Five components, one wraparound initiative

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



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:

Seasons for Life

Contact your Coordinator

SA/QLD	heidi.yelland@mackillop.org.au	0474 566 402
NSW/ACT	renae.pettit@mackillop.org.au	0455 623 631
VIC/TAS	hannah.jamieson@mackillop.org.au	0438 967 072
WA/NT	klara.jaeger@mackillop.org.au	0407 386 958