

## What people say about *Seasons for Growth*

'I enjoyed the companionship within the group and the sincerity and honesty'

'It's been a wonderful insight into grieving'

'What was most helpful was the reassurance of not being alone'

'The friendliness, personal touch and feeling at ease were all helpful'

'It's given me strategies to go forward'

'Thanks to the Companions for helping us and not forcing the direction or pace of the evenings'

'It gave me the strength to go on and to cope with whatever the future throws at me'



### Further information

For further information about adult bereavement support groups being held at Falkirk Trinity Church, please contact us in the first instance by email or phone (see below).

A trained Companion will be in touch so that you can find out more and ask any questions. You can then decide if you would like to join a group.

Please note that this service is free, confidential and open to anyone in the local community of any faith or none.

Contact 01324 611017 or  
[bereavementsupport@falkirktrinity.org.uk](mailto:bereavementsupport@falkirktrinity.org.uk)

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FALKIRK TRINITY CHURCH

## Bereavement Support



Exploring the Seasons of Grief.

A bereavement support programme using 'Seasons for Growth' material.

## What is Seasons for Growth?

Seasons for Growth is based on the belief that every individual should have access to support in times of pain and loss.

Seasons for Growth aims to build resilience and to bring hope and confidence following a bereavement. It may be a recent loss or may have happened some time ago.

Trained 'Companions' facilitate small support groups throughout the programme.

The process of participating in a Seasons for Growth group provides adults with the opportunity to practise new skills, learn new ways of thinking and develop more effective ways of coping. It provides a safe place to discuss personal responses to loss and bereavement.

Seasons for Growth is an educational programme.

It does not provide counselling or therapy.

## Understanding Change, Loss and Grief

Change, loss and grief are normal parts of life.

In the Seasons for Growth programme, the changing seasons are used as a framework for exploring the experience of managing grief.

The seasons come and go — not always in the pattern we expect and we don't suddenly change from one to the other with no going back. We can have sunny days in winter and stormy days in summer but no season lasts for ever — not even winter.

Managing grief can be like that too. As the seasons come and go, so too grief can at times be overwhelming and at other times manageable. People can have easy days and difficult days but we know that neither will last forever.

In the programme, we begin with the season of Autumn, acknowledging the reality of our loss. In the session on Winter, we reflect upon our grief reactions and in Spring we consider skills to assist in processing grief. We finish by looking at Summer and some ways of letting go and moving forward.

Throughout all the sessions we are reminded that grief, like the seasons, is unpredictable.

## What happens at a meeting?

The groups meet at Falkirk Trinity Church in the centre of Falkirk. The frequency and timing of the meetings are flexible and can be arranged to best suit participants. The programme usually runs as four sessions of 2hrs 30mins, with a break for refreshments.

We follow a programme of activities led by two 'Companions' who work alongside those taking part. Journals containing much of the material are used throughout the programme and are taken home at the end.

We talk, we listen, we laugh, we share, we learn, we reflect, we remember, we explore. Images, quotations, poetry and stories are used to encourage discussion and understanding.

All of us, including the Companions, learn from each other and it is the support from one another and the feeling that you are not on your own that is often most valued.

Grief never ends but it changes.  
It's a passage, not a place to stay.  
Grief is not a sign of weakness nor a lack of faith. It is the price of love.  
(author unknown)