

PARENT AND CARER PROGRAMME

SEASONS FOR GROWTH

Do you need help to support a child or young person through family change and loss?

Who is it for?

Parents and carers looking to support their children and young people through change and loss.

What does it do?

Helps parents and carers understand the experience and impact of death and bereavement, or separation and divorce, from a child's perspective.

The programme supports parents and carers to learn:

- How children and young people react to change and loss.
- What parents can do to help them.
- How communication is key in creating an understanding of how to manage the change, loss or grief they are experiencing.
- Understand the importance of caring for themselves as a parent or carer.

Tollcross Community Centre, EH3
9QG, Oct 29th, Nov 5th/12th
6.15pm–8.15pm

Gate 55, EH11 4PB,
Nov 6th/13th/20th 2026
9.45am–11.45am

Valley Park Community Centre,
EH17 8EU, Nov 13th/20th/27th
9.45am–11.45am

Spartans Community Foundation,
EH5 2HF, Nov 19th/26th/Dec 3rd
6.15pm–8.15pm

Please sign up for your preferred course here

[Seasons for Growth parent and carer programme – Fill in form](#)

For further details email
supportingparentsandcarers@edinburgh.gov.uk

Outcomes

Learn about how children respond to change loss and grief.

Understand that it is normal to have a range of grief reactions.

Explore new approaches to change, loss and grief in the lives of their children.

Build communication, decision making and problem-solving skills

Participate in a supportive network of adults.

Integrate new learning into family relationships.