

Seasons
for Growth



Young People's Programme

BIG CHANGES? LET'S TALK



Change affects everyone differently, whether it's the loss of someone or something you love, parents and families separating, moving to a new place or school, or the impact of illness.

It is a programme that uses the imagery of the seasons to illustrate the experience of grief, loss and change. At Digartref, *Seasons for Growth* aims to strengthen the social and emotional wellbeing of young people aged 13 – 18.

Receive support in developing resilience, communication, decision making and problem-solving skills.

OUTCOMES

A 4 week workshop that provides the support and space for young people to:

- **LEARN** about how different people respond to change, loss and grief
- **UNDERSTAND** that it is normal to experience a range of grief reactions
- **EXPLORE** new approaches to dealing with change, loss and grief in their lives
 - **BUILD** communication, decision making and problem-solving skills
 - **PARTICIPATE** in a supportive network of peers and adults
- **INTEGRATE** their new learning into their relationships with family, friends and others

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good grief

Tyfu Trwy'r Tymhorau



Rhaglen Pobl Ifanc

NEWIDIADAU MAWR? GADEWCH I NI SIARAD



Mae newid yn effeithio ar bawb yn wahanol, boed hynny'n colli rhywun neu rhywbeth rydych yn ei garu, rhieni a theluoedd yn gwahanu, symud i le neu ysgol newydd, neu effaith salwch.

Mae'n raglen sy'n defnyddio delweddau'r tymhorau i ddangos y profiad o alar, colled a newid. Yn Digartref, nôd *Tyfu Trwy'r Tymhorau* yw cryfhau lles cymdeithasol ac emosiynol pobl ifanc 13 – 18 oed.

Cewch gefnogaeth i ddatblygu gwydnwch, cyfathrebu, i wneud penderfyniadau a sgiliau datrys problemau.

CANLYNIADAU

Gweithdy 4 wythnos sy'n cefnogi pobl ifanc i wneud y canlynol:

- **DYSGU** am sut mae gwahanol bobl yn ymateb i newid, colled a galar
- **DEALL** ei bod hi'n arferol profi amrywiaeth o adweithiau galar
- **ARCHWILIO** dulliau newydd o ddelio â newid, colled a galar yn eu bywydau
- **ADEILADU** cyfathrebu, sgiliau gwneud penderfyniadau a sgiliau datrys problemau
- **CYMRYD RHAN** mewn rhwydwaith cefnogol o gyfoedion ac oedolion
- **INTEGREIDDIO** eu dysgu newydd i'w perthynas â theulu, ffrindiau ac eraill



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