

McKillop Seasons at Terrigal Public School

Change happens to each and every one of us.

We all have a story to tell.

Sometimes the change is completely unexpected and leaves us feeling lost, empty, angry unable to explain how we feel but thinking, "no-one understands".



McKillop Seasons is an educational, peer-support, grief and loss program, that aims at increasing our kids resilience to cope when unexpected change happens, and the people we love are just not there anymore.

McKillop Seasons focuses on the health and wellbeing of those who choose to participate, and the effects that 'change', associated with death, divorce and/or separation, can have on the child.

The program is an early intervention program offering continued support, it will be commencing in Term 3 at our school.

Please let your class teacher know if you would like your child to attend.



The school office will also be able to help anyone with enquiries.