

25 Years of Healing Hearts with Hope

Twenty-five years ago, in December 1995, Seasons Centre for Grieving Children held our first peer support group for grieving children and families in our community.

Loss is an inevitable part of life, and grief is a natural part of the healing process. Seasons Centre is founded on the belief that every child deserves the opportunity to grieve in a supportive and understanding environment.

Starting from humble beginnings with only 17 participants and a couple of groups; Seasons Centre has since expanded to offer multiple peer support groups, summer programs, and a school program in Simcoe County and the surrounding area. Our programs support thousands of grieving children, teens and their families during what is likely the most difficult times in their lives.

Bereaved children and youth have unique needs and are predisposed to more serious issues developing in later adolescence and adulthood if they are not provided the opportunity to work through their grief in a healthy way. We provide them with the necessary tools and skills to work through the complexity of their grief journey safely. All of our programs are offered free of charge and funded by generous community support.

“Seasons Centre allows my son to see and experience that he’s not alone, and the opportunity to build friendships with other kids experiencing the same grief.” – Past Participant

If you or someone you know are looking for support following the death of a loved one, please contact our program staff: Natasha Manzone, natasha@grievingchildren.com or Danielle Coates, danielle@grievingchildren.com.

COVID-19 has had an impact on all of us, and Seasons Centre has been no different. The social distancing measures and feelings of isolation have made it even more difficult for those who are grieving. We are continuously adapting our programs and we remain dedicated to providing support to our families.

Despite the many hardships we have all endured this year, there were still moments to celebrate. We are proud to announce, for the second year in a row, we are the recipient of the 2020 Barrie Advance Readers’ Choice Award for “Best Bereavement Counselling”. Thank you to everyone who took the time to vote for us. We take a lot of pride in our work, and it is an honour to be recognized for the support and education we provide to grieving children and families.

This year, to commemorate Seasons Centre’s 25th Anniversary, we unveiled a new stained-glass art installation created by former staff member and long-time supporter, Norma Vowels. This new artwork is a proud feature of Seasons Centre and will serve as a reminder of the growth and accomplishments we have achieved over the past 25 years.

We are committed to continuing to work with community members, schools, and organizations to build resilience in children, strengthen families, and empower the community to grow from grief.

We can’t do this work without your support. Please consider making a \$25 one-time or monthly donation to Seasons Centre to help more children, so that they don’t have to grieve alone.

Thank you for helping us continue to heal hearts with hope.

For more information or to make a donation please visit: www.grievingchildren.com or contact Courtney McFadden, Development Manager, at: courtney@grievingchildren.com or 705-721-5437 ext. 301.



GIVE
hope
FOR THE HOLIDAYS
in support of Seasons Centre for Grieving Children

In honour of our 25th anniversary, we are asking you to give HOPE for the Holidays with a one-time or monthly donation of \$25 to Seasons Centre.

Your support will help a child who's lost a loved one attend our peer support groups, so that they don't have to grieve alone. Thank you

To donate please visit: www.grievingchildren.com

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Artwork unveiled in front of Seasons Centre to commemorate 25 years of healing hearts with hope in our community.

Photo by: Samantha Burtt. L:R Lisa Hillstrom, Vice President BOD; Rowley Ramey, Co-Founder; Mike Cowden, President BOD; Norma Vowels, Artist; Christy Hamill BOD