

# A Course for Parents Experiencing Conflict after Separation

## Keeping Kids In Mind



### Parramatta

Parents love their children and want the best for them. However, after separation, parenting often gets much tougher.

Keeping Kids in Mind is a 5 week course for separated parents who are experiencing on-going conflict.

The course covers topics such as:

- Grief and Loss after Separation
- The Hidden World of Children
- Rebuilding Resilience
- Bridging the Gap
- Looking Back, Moving Forward

#### Venue:

**CatholicCare**  
**13 Buller Street**  
**North Parramatta 2151 NSW**

#### Fee:

\$100 includes handbook  
Concession available on request

#### Term 4 2019

**Evening:** Over 5 Mondays

**Date:** 21<sup>nd</sup> October to 18<sup>th</sup> November

**Time:** 6:00pm to 8.30pm

**Bookings Essential: 02 8843 2530**

All participants must register their interest in attending the course and participate in a pre-group interview prior to the course.

**Keeping Kids in Mind is facilitated by qualified and experienced educators and counsellors**

**Certificate of attendance is issued on completion of the course.**

