

Keeping Kids In Mind

A course for parents experiencing conflict after separation

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

Keeping Kids in Mind is a five week course for separated parents who are experiencing ongoing conflict.

The course covers the following topics:

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

The course is designed to:

- Assist parents to see through their children's eyes the experience of parental separation.
- Develop greater understanding about how to support children following family separation.

Cost: \$100 per person including the parent workbook.

Keeping Kids in Mind is facilitated by qualified and experienced parent educators, counsellors and mediators.

2015 Course Dates

Term 1

04/02 Bankstown
09/02 Lewisham*
10/02 Campbelltown*
17/02 Waitara
19/02 Campbelltown
23/02 Blacktown
24/02 Brookvale
25/02 Warnervale*
02/03 Fairfield*
02/03 Wollongong*

Term 2

21/04 Sydney City
23/04 Wollongong
27/04 Campbelltown*
30/04 Nowra*
04/05 Wollongong*
05/05 Waitara
05/05 Warnervale
06/05 Parramatta
12/05 Brookvale
27/05 Bankstown*

Term 3

14/07 Campbelltown*
14/07 Fairfield
15/07 Lewisham*
29/07 Warnervale*
30/07 Campbelltown
04/08 Waitara
10/08 Blacktown
11/08 Brookvale
19/08 Bankstown*
20/08 Wollongong*

Term 4

12/10 Lewisham*
12/10 Campbelltown*
13/10 Waitara
14/10 Bankstown
20/10 Warnervale
22/10 Nowra*
26/10 Wollongong
27/10 Brookvale
28/10 Parramatta
05/11 Wollongong*
10/11 Sydney City

All participants must register their interest in attending the course and participate in a pre-group interview prior to the course. Courses marked with an * are day time courses, all others are evening courses. Course dates and times may be changed, please check with relevant venue for further information. Certificates of attendance will be issued.

1800 55 46 46

www.keepingkidsinmind.org