

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 for:

- 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.

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

2019 Course Dates

Term 1	Term 2	Term 3	Term 4
15/01 North Parramatta	06/05 Campbelltown	23/07 Campbelltown*	14/10 Campbelltown*
29/01 Campbelltown*	07/05 Naremburn	24/07 Bankstown*	15/10 Fairfield*
31/01 Lewisham	07/05 Lewisham*	25/07 Lewisham	17/10 Wollongong*
31/01 Wollongong	07/05 Wollongong*	29/07 Fairfield*	21/10 North Parramatta
13/02 Brookvale	08/05 Fairfield	31/07 Brookvale	22/10 Naremburn
18/02 Blacktown	08/05 North Parramatta	05/08 Blacktown	29/10 Waitara
19/02 Waitara	09/05 Bankstown*	13/08 Waitara	30/10 Springwood
25/02 Campbelltown*	14/05 Waitara	20/08 Wollongong*	31/10 Bankstown
27/02 Nowra*	16/05 Penrith*	21/08 Campbelltown*	04/11 Lewisham*
14/03 Wollongong*	04/06 Campbelltown*	21/08 Nowra*	13/11 Nowra*
14/03 Bankstown	05/06 Naremburn*	29/08 Wollongong	19/11 Wollongong*
15/03 Fairfield*	06/06 Wollongong*		19/11 Campbelltown

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

An initiative of CatholicCare in the Dioceses of Broken Bay, Western Sydney and Blue Mountains, Wollongong and Archdiocese of Sydney.