

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:

- Loss and grief after separation
- The hidden world of children
- Rebuilding resilience
- Bridging the gap
- Looking back and 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

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



2021 Course Dates

Term 3

Lewisham	14th July*	Online
Campbelltown	19th July	In Person
Wollongong	21st July*	In Person
Springwood	21st July	In Person
Blacktown	27th July	In Person
Broken Bay	10th August	Online
Bankstown	18th August	Online
Nowra	19th August*	In Person

Term 4

Campbelltown	11th October*	In Person
Lewisham	12th October*	Online
Wollongong	12th October*	In Person
Nowra	12th October	In Person
Penrith	13th October*	In Person
Broken Bay (Waitara Site)	19th October	In Person
Bankstown	3rd November	Online
Campbelltown	10th November	In Person
Wollongong	18th November	In Person

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

keepingkidsinmind.org

An initiative of CatholicCare Sydney, Broken Bay, Parramatta and Wollongong

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Post-separation parenting course