

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.



2022 Course Dates

Term 1

Campbelltown	31st January*	Online
Parramatta	2nd February	Online
Sydney	7th February	Online
Nowra	9th February*	Online
Brookvale/Naremburn	22nd February *	Online
Sydney	9th March*	Online
Wollongong	10th March *	Online

Term 2

Sydney	28th April	Online
Campbelltown	4th May	In Person
Parramatta	4th May	Online
Sydney	31st May*	Online
Wollongong	1st June	In Person
Wollongong	1st June*	Online

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