

# Post-Separation Parenting Course

## Dealing with change after separation

A workshop for separated parents wanting to understand and manage the changes in their family

This course is for families experiencing separation

### This workshop will enable you to:

- Share with others about what is different now that the family has changed
- Learn about what your children need from you
- Learn about communicating respectfully with the other parent
- Identify what gets in the way of working together as parents
- Develop strategies to deal with what gets in the way
- Understand the developmental attachment needs of your children



### Available Sessions

Venue: Centacare, Level 2 45 Wakefield Street, Adelaide		Cost: \$5.00 – No fee for mediation clients	
Friday 22.01.2021	1.30pm – 3.30pm	Friday 07.05.2021	10.00am – 12.00pm
Wednesday 10.02.2021	6.00pm – 8.00pm	Friday 28.05.2021	10.00am – 12.00pm
Friday 05.03.2021	10.00am – 12.00pm	Wednesday 16.06.2021	6.00pm – 8.00pm
Friday 26.03.2021	10.00am – 12.00pm	Friday 09.07.2021	10.00am – 12.00pm
Wednesday 14.04.2021	6.00pm – 8.00pm		

#### Participant Feedback

“I was quite surprised with this course. Very informative and related to a lot that was said. Was great.”

“This was a very relaxed, informative session, that helped me better understand what to expect.”

“I wish I used these services before. I could have better managed my family situation and well-being or negative impact on my children.”

**Bookings essential. Please contact Centacare on 8215 6700 or email your details to: [registrations@centacare.org.au](mailto:registrations@centacare.org.au)**

This project is jointly funded by Centacare Catholic Family Services and Department of Social Services