

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

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| Venue: Centacare, Level 2 45 Wakefield Street, Adelaide | | Cost: \$5.00 – No fee for mediation clients | |
| Tuesday 02.04.2019 | 1.00pm – 4.00pm | Wednesday 04.09.2019 | 6.00pm – 9.00pm |
| Wednesday 15.05.2019 | 6.00pm – 9.00pm | Thursday 03.10.2019 | 9.30am – 12.30pm |
| Thursday 13.06.2019 | 9.30am – 12.30pm | Thursday 07.11.2019 | 6.00pm – 9.00pm |
| Wednesday 10.07.2019 | 6.00pm – 9.00pm | Thursday 05.12.2019 | 9.30am – 12.30pm |
| Thursday 08.08.2019 | 9.30am – 12.30pm | | |

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

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