

## Supporting Children After Separation Information Session

### Online via zoom video conferencing

### Dealing with change after separation

Information session for separated parents wanting to understand and manage the changes in their family

#### This information session 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



\*Please note that camera access is required and must be switched on during session.

#### Available Sessions:

|  |                   |   |                   |
|--|-------------------|---|-------------------|
| *ZOOM invitation will be emailed to participants |                   | Cost: \$5.00 – No fee for mediation clients |                   |
| Thursday 25.01.2024                              | 5.30pm – 7.30pm   | Thursday 18.04.2024                         | 5.30pm – 7.30pm   |
| Friday 23.02.2024                                | 1.30pm – 3.30pm   | Friday 17.05.2024                           | 1.30pm – 3.30pm   |
| Wednesday 20.03.2024                             | 10.00am – 12.00pm | Wednesday 19.06.2024                        | 10.00am – 12.00pm |

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

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