



Centacare

Centacare Co-Parent Coaching

Managing the business of Co-Parenting in a more effective manner

This program will enable you to work more collaboratively with the other parent to ensure your children get the best possible version of separation from both their parents. The effectiveness of the program only works with both parents' willingness and consent. If you require individual support for issues arising after separation, ask about our Family Law Counselling program.

It is not counselling – it is identifying areas of difficulty and concern and then working together to build more skills and a deeper understanding of each parent's responsibility to effect changes.

There are 3 sessions of 1.5 hours each available to work with a coach who can assist you to explore different strategies to manage the business of co-parenting.

Some topics identified are:

- Communication – What, How & the specific purpose
- Child focus vs adult intent/need
- Concern vs reality
- Managing difficulties/change more effectively including self-soothing strategies
- Boundaries and Privacy
- Sharing financial responsibilities



WHEN: By referral or request

WHO: both parents willing and consenting

WHERE: at the designated Centacare site

TIME: determined by availability

BOOKINGS: Call Centacare Adelaide 08 8215 6700