

Building Connections

"You may no longer be partners, but you are still parents"



An education seminar for separated parents

What is it?

A seminar to assist separated parents to have healthy and strong relationships with their children.

What will I gain?

This program assists participants to:

- ▲ Understand the effects of family separation on children
- ▲ Understand the impact of parental conflict on children
- ▲ Improve their communication with the other parent
- ▲ Know what they need to be a more effective parent

Program Outline:

This seminar will cover:

- ▲ The importance of looking after yourself post separation
- ▲ The impact of separation and conflict on children
- ▲ Useful tips for parenting
- ▲ Strategies to be a more effective parent
- ▲ Ways to build stronger parent to parent relationships
- ▲ The setting of goals for future parenting
- ▲ The support services available

How much will it cost?

The seminar is free for Post Separation Family Service clients

When and How long will it take?

Seminars are conducted regularly and run for approximately three hours with a 15 minute break

**For more information, please contact:
Centrecare Post Separation Family Services**

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"People Making Time for People"

