

Keeping Kids In Mind

A course for parents experiencing conflict after separation

Parents love their children and want the best for them, however after separation parenting often gets much tougher.

Keeping Kids in Mind is a five week course for separated parents who are experiencing ongoing conflict.

The course covers the following topics:

- Loss and grief after separation
- The hidden world of children
- Rebuilding resilience
- Bridging the gap
- Looking back and moving forward

The course is designed to:

- Assist parents to see through their children's eyes the experience of parental separation
- Develop greater understanding about how to support children following family separation

Keeping Kids in Mind is facilitated by qualified and experienced parent educators, counsellors and mediators.



2024 Course Dates

Term 1

| DIOCESE | DATE | MODE | SESSION |
|---------------------------------|----------|--------------------------|---------|
| Sydney | 7th Feb | Online | Day |
| Wollongong | 8th Feb | Online | Day |
| Sydney | 12th Feb | Online | Evening |
| Western Sydney & Blue Mountains | 5th Mar | Online | Day |
| Broken Bay | 5th Mar | Online | Day |
| Wollongong | 13th Mar | In Person (Campbelltown) | Evening |

Term 2

| DIOCESE | DATE | MODE | SESSION |
|---------------------------------|----------|------------------------|---------|
| Wollongong | 7th May | Online | Evening |
| Sydney | 22nd May | Online | Day |
| Western Sydney & Blue Mountains | 4th Jun | Online | Evening |
| Sydney | 5th Jun | Online | Evening |
| Wollongong | 6th Jun | In Person (Wollongong) | Evening |
| Broken Bay | 20th Jun | Online | Day |

All participants must register their interest in attending the course and participate in a pre-group interview prior to the course. Course dates may change and times vary, please check with the venue for further information. Certificates of attendance will be issued.



1800 55 46 46

keepingkidsinmind.org

An initiative of CatholicCare Sydney, Broken Bay, Wollongong, Western Sydney & the Blue Mountains.

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