

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 3

DIOCESE	DATE	MODE	SESSION
Sydney	30th July	Online	Day
Wollongong	31st July	Online	Day
Western Syd & Blue Mountains	13th Aug	Online	Day
Sydney	21st Aug	Online	Evening
Wollongong	27th Aug	Online	Evening

Term 4

DIOCESE	DATE	MODE	SESSION
Sydney	21st Oct	Online	Day
Broken Bay	22nd Oct	Online	Day
Wollongong	22nd Oct	Online	Day
Wollongong	23rd Oct	In-person (Nowra)	Day
Sydney	5th Nov	Online	Evening
Western Syd & Blue Mountains	6th Nov	Online	Evening
Wollongong	21st Nov	In-person (Wollongong)	Evening

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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