

# 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 more challenging and tougher to navigate.

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
- Security and Connection for Children
- Rebuilding Resilience
- Bridging the Gap
- Looking Back and Moving Forward

### The course is designed to:

- Assist parents to gain insight and understand their children's 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.

## 2025 Course Dates

### Term 1

LOCATION	DATE	MODE	SESSION
Wollongong	Tues 4th Feb	Online	Day
Sydney	Weds 26th Feb	Online	Day
Broken Bay	Thur 27th Feb	Online	Day
Western Syd & Blue Mountains	Tue 11th Mar	Online	Evening
Sydney	Wed 12th Mar	Online	Evening
Wollongong	Wed 12th Mar	In-person (Campbelltown)	Evening

### Term 2

LOCATION	DATE	MODE	SESSION
Wollongong	Tues 6th May	Online	Evening
Sydney	Weds 7th May	Online	Day
Broken Bay	Thur 22nd May	Online	Day
Western Syd & Blue Mountains	Tue 27th May	Online	Day
Sydney	Wed 4th Jun	Online	Evening
Wollongong	Thur 5th Jun	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](http://keepingkidsinmind.org)

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WESTERN SYDNEY AND THE BLUE MOUNTAINS

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Diocese of Broken Bay

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