

Owl Kids

CatholicCare
SYDNEY

A group program that supports children (aged 7 - 12) through family separation.



Upcoming 2025 groups

- 14, 15 and 16 January – Bankstown
- 15, 16 and 17 April – Lewisham
- 15, 16 and 17 July – Bankstown
- 7, 8 and 9 October – Lewisham

Enrolment requires pre-group child intake sessions. Please register your interest as early as possible to avoid missing out.

What is Owl Kids?

A group program designed to support children (aged 7 - 12) who are currently or have experienced family separation.

For many children, their parents' separating can be a vulnerable time. It can change how they view or make sense of the world, their relationships, and safety.

Owl Kids offers children the opportunity to interact with other children in similar situations, providing a safe and supportive environment to develop their emotional language, build resilience and regain a sense of stability through psychoeducation and play therapy.

Topics covered include:

- Different families
- My strengths
- Feelings
- Keeping out of conflict
- Understanding change
- Parents in different houses



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