

Keeping Kids In Mind

A course for parents experiencing conflict after separation

Parents love their children and want the best for them. After separation, parenting can be more challenging to navigate. However, what matters is parents being able to remain child focused to support their development and changing needs.

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

- 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 3

LOCATION	DATE	MODE	SESSION
Sydney	Mon 28th Jul	Online	Evening
Sydney	Tue 29th Jul	Online	Day
Western Syd & Blue Mountains	Tue 29th Jul	Online	Evening
Wollongong	Wed 30th Jul	Online	Day
Broken Bay	Mon 4th Aug	Online	Day
Wollongong	Tue 26th Aug	Online	Evening

Term 4

LOCATION	DATE	MODE	SESSION
Sydney	Wed 15th Oct	Online	Day
Wollongong	Tue 21st Oct	Online	Day
Western Syd & Blue Mountains	Wed 22nd Oct	Online	Day
Broken Bay	Thur 23rd Oct	Online	Day
Sydney	Tue 11th Nov	Online	Evening
Wollongong	Thur 20th 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

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