

# 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.

## 2026 Course Dates

### Term 1

| LOCATION                        | DATE           | MODE   | SESSION |
|---------------------------------|----------------|--------|---------|
| Wollongong                      | Tues 3rd Feb   | Online | Day     |
| Sydney                          | Weds 4th Feb   | Online | Evening |
| Western Sydney & Blue Mountains | Tues 10th Feb  | Online | Evening |
| Broken Bay                      | Thurs 26th Feb | Online | Day     |
| Sydney                          | Tues 3rd Mar   | Online | Day     |
| Wollongong                      | Thurs 5th Mar  | Online | Evening |

### Term 2

| LOCATION                        | DATE           | MODE                   | SESSION |
|---------------------------------|----------------|------------------------|---------|
| Sydney                          | Tues 28th Apr  | Online                 | Day     |
| Wollongong                      | Weds 29th Apr  | Online                 | Day     |
| Western Sydney & Blue Mountains | Tues 5th May   | Online                 | Day     |
| Broken Bay                      | Thurs 21st May | Online                 | Day     |
| Sydney                          | Weds 27th May  | Online                 | Evening |
| Wollongong                      | Weds 3rd 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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An initiative of CatholicCare Sydney, Broken Bay, Wollongong, Western Sydney & the Blue Mountains