

To find out upcoming session dates, scan the QR code:



Contact Us

Keeping Kids in Mind

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CatholicCare
SYDNEY

KKIM020

Keeping Kids In Mind



**Keeping
Kids in Mind**



Post separation parenting course



Parents love their children and want the best for them. However after separation, parenting often gets much tougher.

The **Keeping Kids in Mind** course for parents experiencing conflict after separation aims to:

- Assist parents to gain insight and understand their children's experience of parental separation
- Help parents to develop greater understanding about how to support children following family separation.

What is the Keeping Kids in Mind course?

Keeping Kids in Mind is a five-week course for separated parents who are experiencing ongoing conflict. It is designed to help parents understand the effects of their conflict upon their children, increase their knowledge of how to co-parent, encourage parents to develop positive forms of communication.

What is covered in sessions?

- Grief and loss after separation
- Security and connection for children
- Rebuilding resilience
- Bridging the gap
- Looking back and moving forward

How can I book into the Keeping Kids in Mind course?

Parents can call us on **1800 55 46 46**.

Parents are required to register their interest and participate a pre-group interview prior to the course.

Who will be facilitating the course?

Keeping Kids in Mind is facilitated by qualified and experienced counsellors, social workers, mediators and educators.