

# 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 3

| LOCATION                        | DATE           | MODE                     | SESSION |
|---------------------------------|----------------|--------------------------|---------|
| Sydney                          | Weds 22nd July | Online                   | Evening |
| Wollongong                      | Tues 28th July | Online                   | Evening |
| Broken Bay                      | Weds 29th July | Online                   | Day     |
| Sydney                          | Weds 29th July | Online                   | Day     |
| Western Sydney & Blue Mountains | Tues 4th Aug   | Online                   | Evening |
| Wollongong                      | Weds 19th Aug  | In-person (Campbelltown) | Evening |

### Term 4

| LOCATION                        | DATE           | MODE              | SESSION |
|---------------------------------|----------------|-------------------|---------|
| Broken Bay                      | Tues 20th Oct  | Online            | Day     |
| Wollongong                      | Tues 20th Oct  | Online            | Evening |
| Sydney                          | Weds 21st Oct  | Online            | Evening |
| Western Sydney & Blue Mountains | Tues 27th Oct  | Online            | Day     |
| Sydney                          | Tues 3rd Nov   | Online            | Day     |
| Wollongong                      | Thurs 19th Nov | In-person (Nowra) | Day     |

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