

Parenting After Separation Gippsland 2019

What's best for the children?

Our programs can help you to:

- Refocus on your children's needs, rather than on your conflict with the other parent
- Be more aware of your children's emotional experiences of the family separation even when they seem to be fine on the surface
- Learn more about your children's needs and how you can help them
- Recognise that the other parent may have a different parenting style
- Learn how to become less reactive and how to communicate more respectfully with the other parent
- Make parenting arrangements that provide children with the opportunity to have strong, healthy relationships with both parents and members of their extended families

Please note: we take special care to ensure that separated partners will not be enrolled in the same course on the same date.

"Well presented and easy to understand. This course has helped me see a lot from my kids' view."

"Thank you. It's been great understanding how to respect your ex-partner and work together as a team."

About us

Relationships are at the heart of why CatholicCare exists. We help people to build positive relationships, and repair connections when needed.

CatholicCare is the social service agency of the Archdiocese of Melbourne and the Diocese of Sale. We provide a range of counselling, education, community and pastoral services.

We support all people regardless of their religious belief or background.

Our vision is for a stronger, more resilient and inclusive society - where everyone can reach their potential and enjoy 'life to the full'.

Contact us

Gippsland

T: 1800 522 076

E: Gippsland@ccam.org.au

These programs meet the requirements for Court Orders and are funded by the Australian Attorney-General's Department and administered by the Australian Department of Social Services.



CatholicCare acknowledges the traditional custodians of the lands and waters of Victoria, and pays respect to Elders past and present.

- Greater Melbourne
- Geelong
- Gippsland

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Finding solutions for your family

We all want what's best for our children. This can be particularly difficult to manage when parents are in conflict following the breakdown of their relationship. Our Parenting After Separation programs can help.

These programs are designed to support parents after family separation and assist them to develop the skills to communicate effectively with each other about their children's needs and circumstances.

Those wishing to complete a Parenting After Separation program must undergo an assessment over the phone to find the program best suited to their family's needs.

All programs meet the requirements for Court Orders, although parents may need to complete several programs or combine them with counselling sessions to meet the requirements of their Court Order.

Building Connections

10:30am - 1:30pm

This seminar focuses on how to manage disputes about parenting and contact arrangements, improving communication, reducing conflict and working on solutions that are in the children's best interests.

'Building Connections' at Pakenham:

CODE	DAY	DATE
BC01	Saturday	9 February
BC02	Saturday	22 June
BC03	Saturday	17 August
BC04	Saturday	7 September
BC05	Saturday	23 November

'Building Connections' at Warragul:

CODE	DAY	DATE
BC06	Friday	15 February
BC07	Saturday	16 March
BC08	Friday	5 April
BC09	Saturday	4 May
BC10	Saturday	27 July
BC11	Friday	23 August
BC12	Friday	13 September
BC13	Saturday	12 October
BC14	Saturday	7 December

'Building Connections' at Traralgon:

CODE	DAY	DATE
BC15	Thursday	21 February
BC16	Thursday	21 March
BC17	Thursday	16 May
BC18	Thursday	20 June
BC19	Thursday	18 July
BC20	Thursday	15 August
BC21	Thursday	19 September
BC22	Thursday	17 October
BC23	Thursday	21 November

'Building Connections' at Bairnsdale:

CODE	DAY	DATE
BC24	Tuesday	5 February
BC25	Tuesday	7 May
BC26	Tuesday	6 August
BC27	Tuesday	8 October

Focus on Kids

Six week program

This program combines and builds on topics covered in the three previous courses, with topics including grief and loss, the impact of conflict on children, improving communication, conflict resolution, self-esteem and self-care.

CODE	LOCATION	DATES	TIME
K1	Pakenham	(15,22,29 May) (5,12,19 June)	12-2pm
K2	Pakenham	(7,14,21,28 Aug) (4,11 Sep)	6-8pm
K3	Pakenham	(9,16,23,30 Oct) (6,13 Nov)	6-8pm
K4	Warragul	(11,18,25 Feb) (4,18,25 Mar)	6-8pm
K5	Warragul	(13,20,27 May) (3,17,24 June)	6-8pm
K6	Warragul	(4,11,18,25 Nov) (2,9 Dec)	12-2pm

Cost

- Building Connections: \$55 per person (or \$30 for concession card holders)
- Focus on Kids: \$155 per six week program (or \$80 for concession card holders)

Catering

Coffee, tea and biscuits are provided at all programs.

Referrals and bookings

Referrals are welcome from community-based agencies, legal practitioners, other post-separation parenting service providers, and Family Courts. We also welcome self referrals. Bookings are essential as places are limited. Payment is to be made at the time of assessment.