

# Parenting After Separation Gippsland 2020

*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.

We are committed to child safety - their wellbeing is our priority. We actively work to listen to, empower and protect children.

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](mailto: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 additional counselling sessions to meet the requirements of their Court Order.

## 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.

## Catering

Coffee, tea and biscuits are provided.

## Building Bridges

### Three-hour seminar with counselling sessions

There are three components to the Building Bridges course. The first component involves an assessment process, where individuals attend at least two to three sessions to discuss their situation (held either at CatholicCare's Traralgon office or over the phone).

The second component to Building Bridges is a three hour course held from 10:30am - 1:30pm in Traralgon. This seminar focusses on how to manage disputes, parenting and contact arrangements, improving communication, reducing conflict and working on solutions that are in the children's best interests.

The third component involves a final individual counselling session. It is at this session that certificates of attendance are given to attendees.

| CODE | LOCATION  | DATE                  |
|------|-----------|-----------------------|
| BB1  | Traralgon | Thursday 20 February  |
| BB2  | Traralgon | Thursday 16 April     |
| BB3  | Traralgon | Thursday 11 June      |
| BB4  | Traralgon | Thursday 6 August     |
| BB5  | Traralgon | Thursday 17 September |
| BB6  | Traralgon | Thursday 17 December  |

## Cost

Seminar (three hour course)

\$55 per person (or \$30 for concession card holders).

Counselling Sessions

\$20 per session.

## Focus on Kids

### Five week program

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

A certificate of attendance is provided to attendees at a individual counselling session after the five week group program has been completed.

| CODE | LOCATION | DATES                       | TIME   |
|------|----------|-----------------------------|--------|
| K1   | Warragul | (3,10,17,24 Feb & 16 March) | 6-8pm  |
| K2   | Pakenham | (5,12,19,26 Feb & 4 March)  | 12-2pm |
| K3   | Pakenham | (4,11,18,25 May & 1 June)   | 6-8pm  |
| K4   | Warragul | (6,13,20,27 May & 3 June)   | 12-2pm |
| K5   | Warragul | (3,10,17,24,31 August)      | 6-8pm  |
| K6   | Pakenham | (5,12,19,26 Aug & 2 Sept)   | 12-2pm |
| K7   | Pakenham | (9,16,23,30 Nov & 7 Dec)    | 6-8pm  |
| K8   | Warragul | (11,18,25, Nov & 2,9 Dec)   | 12-2pm |

## Cost

Program (five week course)

\$155 per person (or \$80 for concession card holders).

Counselling Sessions

\$20 per session.