

Parenting Orders Programs Gippsland 2018

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
(Warragul and Traralgon)
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

© CatholicCare June 2018
ABN 42 795 179 778

ccam.org.au



ccam.org.au

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 Orders 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 Orders 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.

CODE	LOCATION	DATE
BC1	Warragul	Friday 29 June
BC2	Traralgon	Thursday 30 August
BC3	Warragul	Saturday 1 September
BC4	Warragul	Friday 28 September
BC5	Warragul	Saturday 6 October
BC6	Traralgon	Thursday 25 October
BC7	Warragul	Friday 30 November

Cooperative Parenting

9:30am - 3:30pm | BYO lunch

This course helps parents to develop communication techniques and learn about loss, grief, self-care and understanding how the separation is affecting all who are involved.

CODE	LOCATION	DATE
CP1	Warragul	Tuesday 10 July
CP2	Warragul	Thursday 2 August
CP3	Warragul	Saturday 27 October
CP4	Traralgon	Thursday 1 November

Empathy Parenting

9:30am - 3:30pm | BYO lunch

Empathy Parenting enables parents to learn strategies for working together with their children and discover how to manage children's difficult emotions that arise from the separation.

CODE	LOCATION	DATE
EP1	Traralgon	Thursday 21 June
EP2	Warragul	Tuesday 14 August
EP3	Traralgon	Thursday 20 September
EP4	Warragul	Saturday 13 October
EP5	Traralgon	Thursday 15 November

Focus on Kids

6-8pm weekly | Six week program

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

CODE	LOCATION	DATE
K1	Warragul	15 August - 19 September
K2	Warragul	31 October - 5 December

Cost

- Building Connections: \$50 per person (or \$25 for concession card holders)
- Cooperative Parenting: \$70 per person (or \$35 for concession card holders)
- Empathy Parenting: \$70 per person (or \$35 for concession card holders)
- Focus on Kids: \$150 per six week program (or \$75 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.