

Keeping Kids In Mind



A Course for Parents Experiencing Conflict after Separation

TOWNSVILLE

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

Keeping Kids in Mind is a **5 week** course for separated parents who are experiencing on-going conflict.

The course is designed to:

- assist parents to see through their children's eyes the experience of parental separation.
- develop greater understanding about how to support children following family separation

The course covers the following topics:

- Grief and Loss after Separation
- The Hidden World of Children
- Rebuilding Resilience
- Bridging the Gap
- Looking Back and Moving Forward

All participants must register their interest in attending the course and participate in a pre-group interview prior to the course.

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

Presented by:

**Education & Life Skills
Centacare NQ**
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For more information

Visit: www.centacarenq.org.au

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