

Parents Education Program Key Steps To Parenting After Separation

The **Key Steps To Parenting After Separation Program** informs parents of the impact of separation on children. It provides parents with key information and strategies to assist children to successfully adjust to separation.

Aspects that are covered in the group are:

- Reactions to separation
- Adjustment processes in separation
- Reactions of children to separation
- Key ways parents can help children adjust to separation
- Children's post separation reactions and need for positive parenting
- Communication with children following separation
- Some reasons that children need positive and constructive discipline
- Establishing a working co-parenting relationship
- Developing a new, working relationship

This program has been designed to fit into the busiest lives and is conducted over six consecutive lunch times.

When: Six consecutive weeks

Wednesday September 8
Wednesday September 15
Wednesday September 22
Wednesday September 29
Wednesday October 6
Wednesday October 13 2010

Time: 12.00pm to 1.00pm

Where: Melbourne Family Relationship Centre
379 Collins Street, Melbourne

Cost: \$100, concession \$75 (includes lunch)

Contact: Hilda, Community Liaison Officer
8625 3666 for information & registration