



The themes you will hear about during the one-day workshop:

- ◇ Impact of conflict on children
- ◇ Brain development
- ◇ Transitions between two homes
- ◇ Co-parenting
- ◇ Assertive communication
- ◇ Transactional analysis
- ◇ Anger issues & understanding triggers
- ◇ CBT

Tuesday 22 March 2016

From 9.00 a.m. start to 4.30 p.m.

Tea/coffee at 8.30 a.m.

Light refreshment and lunch provided

Anglicare-NT Katherine

For the Kids

A post-separation program

One-day workshop

Co-parenting: making it work



Shop 1-3 / 15 Third Street

Katherine NT 0850

resolve@anglicare-nt.org.au

www.anglicare-nt.org.au

Freecall 1800 898 500

Phone 08 8946 4800

Fax 08 8946 4801

Email resolve@anglicare-nt.org.au

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Group Sessions

For the Kids is a post-separation information and skills program for parents. The program aims to help and support separated parents who are co-parenting.

What can I hope for?

The group experience will promote a greater understanding of your children's needs and ways you can meet them. Group participation will also provide you with increased knowledge and skills to be able to avoid conflict with the other parent, more effectively, when you are dealing with parenting matters. It will also give you a range of tools for building and increasing co-operation with the other parent. Specifically, you will be assisted to develop a range of skills such as effective (assertive) communication and to increase your knowledge around various subjects, such as thinking styles, problem solving, anger triggers, etc.



What they say
"Learning about the different dynamics and roles we take on was very useful and empowering. I feel I have more skills now to deal with my situation."

But I already know how to parent...

The *For the Kids* program is not about how you parent as an individual but rather how you can best share the responsibility of parenting with the children's other parent.

The program will assist parents who:

- are experiencing or have experienced separation;
- may be experiencing communication difficulties with the other parent;
- wish to develop a positive, child-focused, co-parenting relationship;
- would like to develop strategies for working through shared parenting challenges.

How do I start?

You can contact Resolve, *For the Kids program* on 8946 4800, or freecall 1800 898 500, for further information or to register for an upcoming group session. All enquiries are taken by a professional staff member who will explain the process and answer any questions you may have. Your confidentiality is respected at all times.

Is there a cost?

Attendance at group may involve a small fee, dependent on your financial circumstances. Please let us know if you are currently experiencing financial difficulties or are on low income; no-one is excluded due to an inability to pay.

New in Katherine 2016

One-day workshop

For the Kids program

Co-parenting: making it work

A one-day workshop to support separating/separated parents to work through co-parenting challenges.

'Helping separated parents to have strong and healthy relationships with their children'
(Parenting Orders Program - POP)

Tuesday 22 March 2016

from 9.00 a.m. to 4.30 p.m.

Tea/coffee at 8.30 a.m. with a prompt start at 9.00 a.m.

Light refreshment offered for morning and afternoon breaks, lunch catered on site.

Please call us to enquire
 Freecall 1800 898 500
 Phone 08 8946 4800
 Fax 08 8946 4801
 Email: resolve@anglicare-nt.org.au

