



The themes you will hear about during the 15-hour For the Kids program:

- ◇ Impact of entrenched conflict on children
- ◇ Brain development
- ◇ Transitions between two homes
- ◇ Co-parenting
- ◇ Assertive communication
- ◇ Transactional analysis
- ◇ Anger & understanding triggers
- ◇ Cognitive behavior therapy
- ◇ Perception & thinking styles
- ◇ Self care

The group will run for five consecutive Wednesdays, with 9.00 a.m. start for mornings and 6.00 p.m. start for evenings.

Light refreshment offered.



NEW ADDRESS FOR GROUP SESSIONS ONLY

60 Winnellie Road — Winnellie 0820
PO BOX 36506, Winnellie 0821

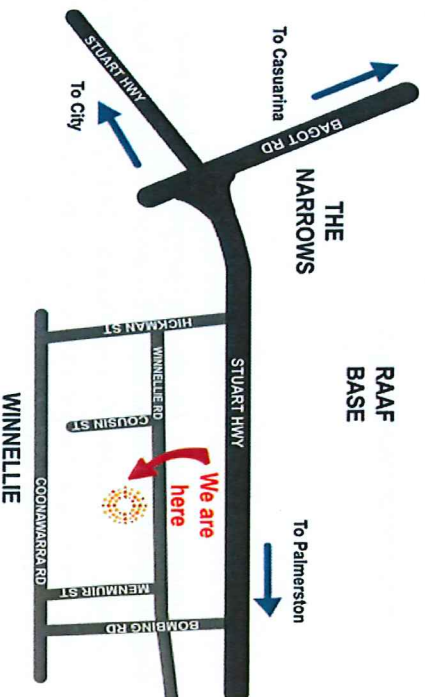
Freecall 1800 898 500

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2017
For the Kids
15-hour
program



Co-parenting:
making it work

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. Group sessions are run regularly throughout the year.

What can I hope for?

The group experience will promote a greater understanding of your children's needs and ways you can meet them, with practical tips on specific subjects (home transition, introducing a new partner, etc). 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.

2017 Calendar

15-hour For the Kids program co-parenting: making it work

Five 3-hour sessions held over five consecutive weeks

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

Five consecutive Wednesdays
With morning or evening option

Evening, 6PM-9PM START	Morning, 9AM-12PM START
• 8 February	• 26 April
• 15 February	• 3 May
• 22 February	• 10 May
• 1 March	• 17 May
• 8 March	• 24 May
Evening, 6PM-9PM START	Morning, 9AM-12PM START
• 26 July	• 25 October
• 2 August	• 1 November
• 9 August	• 8 November
• 16 August	• 15 November
• 23 August	• 22 November

Light refreshment offered