

Relationships Australia

Is happy to announce group programs for young people whose parents are separated or a part of the Parenting Orders Program (Focus on Kids) or Mediation

Commencing
8th February - 15th March 2018
3:30pm - 5:00pm

6 WEEK CHILDREN'S GROUPS

POPPERS (7-9 years) POP STARS (10-12 years) aims to support young people in their experience of parental separation, conflict and change in their family situation.

Activities include:

Making treasure boxes Making friends
Arts & Crafts, Afternoon tea provided, Sharing good ideas,
Learning coping strategies while having fun with other kids your own age



Some of the Goals for our groups are:

- ❖ Children and young persons to **have fun**
- ❖ Children and young persons to **feel supported** by the Parenting Orders Program and by their peers
- ❖ Supporting children and young persons to **have a relationship with both parents** (even if not seeing other parent)
- ❖ Supporting the children and young persons to **identify and express their needs, wants and feelings** in a safe environment
- ❖ Facilitating the children and young persons to **develop resilience, coping strategies and support networks**
- ❖ **Explore common challenges** for children from separated families; such as **transitioning between homes**, adjusting to **different house rules** and **feeling caught in the middle**
- ❖ To support the children's and young person's **self exploration**

2nd Floor Worley Parsons Centre, 45 Victoria Street, Mackay

Information please phone

4957 4952

FOCUS ON KIDS

parenting *after separation*



**a course to
assist separated parents
to minimise
conflict and make
workable plans in
the best interest of
their children
and themselves**

Aim of the Program:

- ☺ Improve children's relationships with both parents
- ☺ Reduce conflict between separated parents that is harmful to their children.
- ☺ For parents to learn how to manage contact arrangements while minimising stress
- ☺ For parents to better manage court ordered contact arrangements or make more suitable arrangements

Who would benefit from attending?

- ◇ Parents who are separated
- ◇ Grandparents

Cost: THIS IS A FREE SERVICE

Course Dates: 6th February - 27th March 2018
1st May – 19th June 2018
31st July – 18th September 2018
9th October – 27th November 2018

All evening groups are on Tuesday at 4:30pm-6:30pm

For more information call 4957 4952 to register for an Intake appointment.

Level 2 Worley Parsons Centre 45 Victoria Street, Mackay Q 4740
PO Box 1826 Mackay Q 4740 Telephone: 1300 364 277

Facsimile: 4957 7425

Branches throughout Queensland

Services: Individual, Couple and Family Relationship Counselling & Education ■ FOCCUS ■ Mediation & Separation Services
■ Gambling Help Service ■ Victims Counselling & Support Services 1300 139 703 ■ Rural Family Solutions
■ Domestic & Family Violence Prevention Counselling Services ■ Employee Assistance Programs ■ Contact Orders Program
■ Children's Contact Service ■ Aftercare Resource Centre