

# Survival Kit for Separating Dads

Separation presents many challenges for men, especially fathers. If you are going through a separation or divorce, this workshop will provide a supportive place to acknowledge the challenges you are experiencing through this process. We will assist you to identify some practical coping strategies so that you can feel more positive about yourself and your future.

You will explore:

- Separation and men's experiences
- Helpful ways for you to cope with the separation
- What is resilience and why it is important
- Choices you can make to enable you to feel positive about yourself and the future

*We encourage separating Dads to attend this session prior to any other courses, especially parenting courses.*

**Where:** WEST LEEDERVILLE - Level 1, 22 Southport Street  
**When:** Monday 1 February 2021  
**Time:** 6.30pm - 9.00pm  
**Cost:** \$30 per person

**Bookings are required. Please phone 6164 0200 to enrol**

For more information about our courses and workshops, please click [here](#) or visit [www.relationshipswa.org.au](http://www.relationshipswa.org.au)