

Communicating as Co-Parents

Bunbury



Conflict to Cooperation

This interactive workshop helps separated parents build healthier communication, reduce conflict, and create more consistent, child-focused co-parenting. Learn practical tools to stay calm, set boundaries, and collaborate with respect for the wellbeing of your child.

Included in this workshop:

- Learn what children need most to feel safe, loved and supported when parents are separated.
- Recognise how ongoing conflict between parents affects a child's sense of safety and stability.
- Develop skills in talking and listening that reduce stress and show respect.
- Find practical tools and boundaries and tools that help to enable collaboration and calm conflict.

When: Tuesday 28 October 2025

Time: 6pm to 8.30pm

Where: Bunbury Headspace - 14 Strickland Street

Cost: \$30 per person, \$15 concession

For information about our courses and workshops please call 6164 0200 or visit www.relationshipswa.org.au



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