

# Parenting After Separation: Putting Children First

## West Leederville

If it is managed well by their parents, separation doesn't have to be harmful to children. What is crucial to how well children adapt is the parents' capacity to see the situation from their child's perspective and focus on what would be in their child's best interests following family separation.

**Parenting After Separation – Putting Children First** is a new 5-week course that aims to support separated parents adapt and work through the challenges of separation with a particular focus on supporting and maintaining the well-being of their children.

Areas covered include:

- Children's reactions to parental separation and how to help them adjust
- The distress of grief and loss and how it affects each family member differently
- The impact unresolved parental conflict has on children and how to minimize conflict
- How emotional triggers contribute to disputes and how to navigate disagreements
- How to guide children's transition through the various stages of separation
- Ways to support the parent-child relationship and children's wellbeing.

**Parenting After Separation – Putting Children First** is ideal for those struggling with separation and/or starting the process of separation. Participants can then go on to enrol in one of our parenting or personal development courses.

Note – This course is not suitable for people experiencing very high conflict, nor where there are significant safety issues.

**When:** Wednesdays 17 24 31 August 7 14 September 2022

**Time:** 6.30pm – 9.00pm

**Where:** WEST LEEDERVILLE – Level 1, 22 Southport St

**Cost:** \$75 per person, \$60 concession

Bookings are required. Please phone 6164 0200 or visit our website to enrol.

For information about our courses and workshops, please call 6164 0200 or visit [www.relationshipswa.org.au](http://www.relationshipswa.org.au)

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