

Parenting After Separation – Putting Children First

Perth – Family Relationship Centre



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. The course is ideal for those struggling with separation and/or starting the process of separation.

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.

Note – If you have any concerns or questions about this course, please call our office.

When: Tuesdays 20, 27 February, 5, 12 & 19 March 2024

Time: 10.30am to 1pm

Where: PERTH – Level 8, 150 St Georges Terrace

Cost: \$75 per person, \$37.50 concession

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



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