

BERRY STREET

Post Separation Co-Operative Parenting Program

3 Hour Seminar to help separated parents have healthy and strong relationships with their children.

Seminar includes:

- **Ways of communicating with the other parent**
- **Impact of separation and conflict on children**
- **Setting goals for future parenting**

Once participants complete the Intake Process they are registered to attend the seminar.

To register or for more information please contact:

Berry Street, Post Separation Services. **Phone 5822 8100**

Kid's Turn Around

Kids Turn Around (KTA) is a program for children aged between 7 - 11 who have or are experiencing family separation.

KTA operates for three days during school holidays. Next dates are April 5th, 7th & 8th.

Family separation is a major change for children that can leave children worrying about their future, feeling uncertain and anxious. KTA provides an opportunity for children to explore and express feelings associated with parental separation or divorce and conflict, with other children going through similar experiences. Children develop coping strategies, stress management and problem solving skills- to assist them to make a more resourceful and confident transition.

Topics explored are:

- Getting to Know You
- Recognising Feelings
- Exploring Feelings
- Learning New Skills and Coping Plans
- Promoting Positive Self Esteem - What's Special About Me
- Moving Forward and Celebrating the Future

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