

**FREE**  
help for  
separated  
parents

Building Connections is a program to help separated parents have healthy and strong relationships with their children.

This program covers:

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

**DATES AVAILABLE in Armidale for 2022:**

Wednesday 4th May, 5.30 - 8.30pm

Monday 9th May, 9.30am - 12.30pm

Wednesday 18th May, 5.30 - 8.30pm ONLINE

Wednesday 1st June, 5.30 - 8.30pm

Monday 6th June, 9.30am - 12.30pm

Wednesday 15th June, 5.30 - 8.30pm ONLINE

Wednesday 13th July, 5.30 - 8.30pm

Monday 18th July 9.30am - 12.30pm

Wednesday 27th July 5.30 - 8.30pm ONLINE

Monday 1st August, 9.30am - 12.30pm

Wednesday 10th August, 5.30 - 8.30pm

**WHERE: 150 Rusden Street, ARMIDALE**

For more information or to book, please call

**1800 372 826 FREE CALL**



Centacare NENW acknowledges the traditional custodians of this land and pays respect to the elders past and present.

