



Parenting after separation is quite a challenge! Do you need to improve your co-parenting arrangement?

This Positive Parenting after Separation workshop aims to equip parents with greater skill in remaining child-focused, reducing conflict, improving communication with the other parent, and developing a positive post-separation co-parenting relationship.

Parents will be supported to reduce the stress around a challenging situation, while providing a safe space to discuss and explore co-parenting issues. You will develop a range of strategies to manage and improve the relationship with the other parent, and most importantly enhance the connection with your child.

Topics include:

- Communication
- Children's development
- Co-parenting strategies
- Parenting styles
- Managing conflict
- Self-care

Nobody wants their children to struggle in a relationship breakdown. Our workshop can help you to navigate the twists and turns of separated parenting.

Best suited to:

Separated or divorced parents, and carers. Only one party of the relationship can be accepted in each workshop.

When:

Wednesday 15th November, 9.30am to 5.00pm

Morning tea, lunch, and afternoon tea provided.

Where:

Family Life meeting room, 197 Bluff Rd, Sandringham

Cost:

\$220 per person (\$200 concession)

Certificates of participation, suitable for submission to Court are available on completion of the workshop.

Bookings and more information:

To book or for more info, visit us at heartlinks.com.au
Email heartlinks@familylife.com.au or call (03) 8599 5488