



## 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:

The workshop runs across four Monday evenings.

Monday 26th February 2018 7pm to 9pm

Monday 5th March 2018 7pm to 9pm

Monday 19th March 2018 7pm to 9pm

Monday 26th March 2018 7pm to 9pm

Light refreshments provided.

### Where:

Family Life meeting room, 197 Bluff Rd, Sandringham

### Cost:

\$240 per person (\$215 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](http://heartlinks.com.au)  
Email [heartlinks@familylife.com.au](mailto:heartlinks@familylife.com.au) or call (03) 8599 5488