



# It's About the Kids

Is your child exposed to conflict between adults they care about? Witnessing conflict between parents can cause distress, behavioural issues, and can negatively impact children's mental health and wellbeing.

It's About the Kids is a five-week Post Separation Parenting Program which explores:

- how ongoing parental conflict affects children
- how to support your children through changing family relationships
- how to develop effective communication with your co-parent
- how to move forward towards a co-operative parenting arrangement.

On completion of the program, participants will receive a Court approved certificate.

✓ Focus on your kids' needs

✓ Reduce conflict

✓ 5-week program for parents

## Workshop dates & locations:

### Term 1, 2022

**Dates:** Tuesdays, 8 Feb - 8 Mar 2022 @ 12:00-2:30pm | In person at 176-178 McCrae Street, Bendigo  
Thursdays, 10 Feb - 10 Mar 2022 @ 7:00-9:00pm | Zoom sessions

### Term 2, 2022

**Dates:** Tuesdays, 17 May - 21 June 2022 @ 7:00-9:00pm | Zoom sessions  
Thursdays, 26 May - 23 June 2022 @ 12:00-2:30pm | In person at 176-178 McCrae Street, Bendigo

*Groups are subject to maximum and minimum numbers determined seven working days prior to the commencement date.  
Early registration is encouraged*

## RSVP:

Bendigo Office Reception | CatholicCare Victoria  
T (03) 5438 1300

**Fees:** \$60 per person

*Please remember your mask. We ask that all participants follow social distancing and face mask regulations.*



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176-178 McCrae Street, Bendigo VIC 3550  
T (03) 5438 1300

[www.catholiccarevic.org.au](http://www.catholiccarevic.org.au)