



# It's About the Kids Post Separation Parenting Program

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

Term 1, 2022		
Dates:	Location:	Times:
Tuesdays, 8 Feb - 8 Mar 2022	In person at 176-178 McCrae Street, Bendigo	12:00pm - 2:30pm
Thursdays, 10 Feb - 10 Mar 2022	Zoom sessions	7:00pm - 9:00pm
Thursdays, 10 Mar - 7 Apr 2022	Zoom sessions	12:00pm - 2:00pm
Term 2, 2022		
Dates:	Location:	Times:
Tuesdays, 17 May - 21 June 2022	Zoom sessions	7:00pm - 9:00pm
Thursdays, 26 May - 23 June 2022	In person at 176-178 McCrae Street, Bendigo	12:00pm - 2:30pm

Groups are subject to maximum and minimum numbers determined seven working days prior to the commencement date. Early registration is encouraged. Sorry, no childcare is provided for in-person sessions.

**Fees: \$60 per person for full program**

## RSVP:

CCV Bendigo Office Reception | T (03) 5438 1300

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



It's About the Kids  
176-178 McCrae Street, Bendigo VIC 3550  
T (03) 5438 1300

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