

Parenting After Separation Gippsland 2020

What's best for the children?

Our programs can help you to:

- Refocus on your children's needs and learn how you can help them, rather than focusing on your conflict with the other parent
- Be more aware of your children's emotional experiences of the family separation even when they seem to be fine on the surface
- Recognise that the other parent may have a different parenting style
- Learn how to become less reactive and how to communicate more respectfully with the other parent
- Make parenting arrangements that provide children with the opportunity to have strong, healthy relationships with both parents and members of their extended families

Please note: we take special care to ensure that separated partners will not be enrolled in the same course on the same date.

Tailored support

Our Family Counsellors can provide support to any and all members of a family going through a separation, including children and significant others.

Speaking to a counsellor can help families cope with change, improve communication and work through issues together.

"Thank you. It's been great understanding how to respect your ex-partner and work together as a team."

About us

Relationships are at the heart of why CatholicCare exists. We help people to build positive relationships, and repair connections when needed.

CatholicCare is the social service agency of the Archdiocese of Melbourne and the Diocese of Sale. We provide a range of counselling, education, community and pastoral services.

We support all people regardless of their religious belief or background.

We are committed to child safety - their wellbeing is our priority. We actively work to listen to, empower and protect children.

Our vision is for a stronger, more resilient and inclusive society - where everyone can reach their potential and enjoy 'life to the full'.

Contact us

Gippsland

T: 1800 522 076

E: Gippsland@ccam.org.au

These programs meet the requirements for Court Orders and are funded by the Australian Attorney-General's Department and administered by the Australian Department of Social Services.



CatholicCare acknowledges the traditional custodians of the lands and waters of Victoria, and pays respect to Elders past and present.

- Greater Melbourne
- Geelong
- Gippsland

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Finding solutions for your family

We all want what's best for our children.

This can be particularly difficult to manage when parents are in conflict following the breakdown of their relationship. But CatholicCare's Parenting After Separation programs can help.

Our educational group programs are designed to help parents support their children following a separation or divorce.

They can also assist parents to develop the skills to communicate effectively with each other about their children's needs and circumstances.

Our programs meet the requirements for Court Orders, although parents may need to complete several programs or combine them with additional counselling sessions to meet the requirements of their Court Order.

Referrals and bookings

Referrals are welcome from community-based agencies, legal practitioners, other post-separation parenting service providers, and Family Courts.

We also welcome self referrals. Bookings are essential as places are limited. Call us today to book an assessment on 1800 522 076.

Assessment

Those wishing or required to complete a Parenting After Separation program will need to undergo an assessment over the phone to find the program best suited to their family's needs.

Building Bridges

Four-hour program with counselling

The Building Bridges program focuses on how separated parents can manage disputes; parenting and contact arrangements; improving communication; reducing conflict; and working on solutions that are in the children's best interests.

There are three components to the Building Bridges program:

1. A one-hour phone assessment. Court Orders must be emailed to us at the conclusion of this assessment (and payment for the group program is also to be made at this time).

2. A four-hour group program. Care is taken to ensure that separated parents are not enrolled into the same group program.

3. A one-hour individual feedback and counselling session. It is at this session that certificates of attendance are given to attendees.

To ensure the safety and wellbeing of staff and clients during the COVID-19 pandemic, this program will be conducted via ZOOM conference.

Cost

Four-hour group program:

\$50 per person (or \$30 for concession card holders).

One-hour feedback/counselling session:

\$20 per session (additional sessions can be booked).

Focus on Kids

Five-week program with counselling

This program covers topics including grief and loss, the impact of conflict on children, improving communication, conflict resolution, self-esteem and self-care after separation.

There are three components to the Focus on Kids program:

1. A one-hour phone assessment. Court Orders must be emailed to us at the conclusion of this assessment (and payment for the group program is also to be made at this time).

2. A five-week group program (two hours per week). Care is taken to ensure that separated parents are not enrolled into the same group program.

3. A one-hour individual feedback and counselling session. It is at this session that certificates of attendance are given to attendees.

To ensure the safety and wellbeing of staff and clients during the COVID-19 pandemic, this program will be conducted via ZOOM conferences.

Cost

Five-week group program:

\$155 per person (or \$80 for concession card holders).

One-hour feedback/counselling session:

\$20 per session (additional sessions can be booked).

“Well presented and easy to understand. This course has helped me see a lot from my kids' view.”