

Parenting After Separation

A one night workshop for
separated couples or individuals



If it is managed well by the adults, separation doesn't have to be harmful for children. Research shows that what children need after their parents separate is a secure base with parents they trust and feel comforted by. Parents who can make room for thinking about their children's needs, apart from their own, can help their children adapt best to family separation.

This session looks at:

- Separation and the effects on you and your family
- Principles of two-home parenting
- Effects of ongoing conflict on children
- Managing parental conflict constructively
- Providing a secure emotional base for your children

Thursday 4 April, 6.30pm – 9pm

Don't miss out! Book by Thursday 28 March

Lotteries House, 7 Anzac Place, Mandurah

\$30 per person/\$50 per couple (\$15/\$25 for concession card holders)

***Places are limited so book now on 6164 0588 or
Email: Mandurah.Education@relationshipswa.org.au***