

Keeping In Mind

Parents love their children and want the best for them, however after separation parenting often gets much tougher.

Keeping Kids in Mind is a five week course for separated parents who are experiencing ongoing conflict.

The course covers the following topics:

- Loss and grief after separation
- The hidden world of children
- Rebuilding resilience
- Bridging the gap
- Looking back and moving forward

The course is designed to:

- Assist parents to see through their children's eyes the experience of parental separation
- Develop greater understanding about how to support children following family separation

Keeping Kids in Mind is facilitated by qualified and experienced parent educators, counsellors and mediators.