

# Keeping Kids In Mind

## A course for parents experiencing conflict after separation

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:

- Grief & Loss after Separation
- The Hidden World of Children
- Rebuilding Resilience
- Bridging the Gap
- Looking Back & Moving Forward

The course is designed for:

- 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.*

## 2018 Course Dates

### Term 1

29/01 Lewisham  
31/01 Bankstown  
06/02 Wollongong  
06/02 Campbelltown  
13/02 Waitara  
13/02 Brookvale  
19/02 Blacktown  
20/02 Central Coast\*  
22/02 Penrith\*  
26/02 Blacktown  
07/03 Nowra  
15/03 Fairfield  
15/03 Wollongong\*  
15/03 Campbelltown\*

### Term 2

01/05 Wollongong  
02/05 Nowra  
03/05 Lewisham  
07/05 Campbelltown  
08/05 Central Coast  
08/05 Waitara  
11/05 Bankstown\*  
15/05 Naremburn  
28/05 Blacktown  
05/06 Campbelltown  
05/06 Fairfield  
07/06 Wollongong\*

### Term 3

26/07 Bankstown  
31/07 Wollongong  
07/08 Brookvale  
07/08 Central Coast\*  
07/08 Campbelltown  
13/08 Blacktown  
14/08 Waitara  
15/08 Nowra  
17/08 Fairfield\*  
23/08 Campbelltown\*  
29/08 Lewisham\*  
30/08 Wollongong\*

### Term 4

16/10 Lewisham\*  
17/10 Blacktown  
18/10 Springwood  
18/10 Bankstown  
22/10 Campbelltown  
23/10 Campbelltown  
23/10 Central Coast  
30/10 Naremburn  
08/11 Wollongong\*  
20/11 Waitara  
24/11 Nowra\*

All participants must register their interest in attending the course and participate in a pre-group interview prior to the course. Courses marked with an \* are day time courses, all others are evening courses. Course dates and times may be changed, please check with relevant venue for further information. Certificates of attendance will be issued.

**1800 55 46 46**  
**[www.keepingkidsinmind.org](http://www.keepingkidsinmind.org)**