



CatholicCare
Diocese of Broken Bay

KEEPING KIDS IN MIND

A 5 week course for parents experiencing conflict after separation.



Thursdays

10.00am – 12.30pm
13 Feb – 12 Mar 2020

Wednesdays

6.00pm – 8.30pm
5 Aug – 2 Sep 2020



Northern Beaches Family Centre

116/20 Dale Street,
Brookvale



\$100

This course is designed to assist parents to see through their children's eyes the experience of parental separation. You'll also develop a greater understanding about how to support your children.

Topics include:

- Grief and loss after separation
- The hidden world of children
- Rebuilding resilience
- Bridging the gap
- Looking back, moving forward

Keeping Kids in Mind is facilitated by qualified and experienced counsellors, social workers, mediators and educators. Participants must register, participate in a pre-group interview and pay prior to attending the course.

Note: Free parking is available.

**BOOKINGS
ESSENTIAL VIA:**

Naremburn Family Centre
P: (02) 8425 8700
E: nfc@catholiccaredbb.org.au

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