



PARENTS 4 LIFE

Parents 4 Life is an online course that has been designed for separated parents considering Family Dispute Resolution (FDR), often referred to as mediation.

It is an important component of our FDR service so we ask that the course be completed by both parents prior to any joint mediation.

We acknowledge that the vast majority of parents want the very best for their children however, family separation can be a difficult and painful time and it can sometimes be very challenging for parents to remain focused on what is in the best interests of their child.

Parents 4 Life provides information on what's helpful and harmful for children as they try to navigate their parent's separation.

The course is completely confidential, nobody can access your responses, including your mediator. We simply monitor your progress through the course to ensure completion prior to mediation.

The course is interactive and should only take 30 – 45 minutes to complete and is suitable for most levels of literacy. It can be completed at a time and place that suits you or arrangements can be made to complete the course at our Family Centre in Tuggerah.

A separate information sheet detailing login instructions will be given to you by your mediator at your pre-mediation assessment.

In your effort to achieve the best outcomes for your child/ren we trust the information in the *Parents 4 Life* course will be useful for you as you prepare for possible mediation.

Should you have any further questions please don't hesitate to speak with your mediator.



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INFOMATION?**

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