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# BUILDING CONNECTIONS

## Self-Paced

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Self Paced Building Connections is a 60-minute online program developed to support separated parents practise positive ways of parenting. In particular, it aims to foster awareness of the importance of giving up entrenched conflict and facilitate parenting arrangements in the best interests of their children.

**In this workshop, parents and carers will learn:**

- The effects of family separation on children
- The impact of parental conflict on children
- The importance of self-care
- Ways to manage and improve their communication with the other parent
- Ways to connect with their children



**Available anytime via the Interrelate website:**

<https://elearning.interrelate.org.au>

Self Paced Cost: \$25