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# BUILDING CONNECTIONS

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Building Connections is a parenting program developed to support separated parents practice positive ways of co-parenting. The program aims to foster awareness of the importance of giving up entrenched conflict and facilitate parenting arrangements in the best interests of their children.

Improving the ability of parents to reach a workable parenting agreement by re-focusing on the best interests of their children and supporting their ability to co-parent.

**Throughout this program, participants will:**

- Learn the effects of family separation on children
- Understand the impact of parental conflict on children
- Recognise the importance of self-care
- Develop ways to manage and improve communication with the other parent
- Understand ways of connecting with their children



## **FREE Online Group Program Facilitated via Zoom**

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### **Bookings essential**

Call **1300 473 528** or email  
**[interrelate@interrelate.org.au](mailto:interrelate@interrelate.org.au)**  
for dates and availability

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Alternatively  
**'Self Paced Building Connections'** is  
available anytime via the Interrelate  
website:  
<https://elearning.interrelate.org.au>  
Self Paced Cost: \$25