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# KIDS BUILDING BRIDGES

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Kids Building Bridges centres on children of separated families. The program is designed to focus on children's resilience and provide strategies to assist through family separation.

## This program assists children to:

- Build their resilience, increase protective behaviours and understand their right to be safe in their family
- Understand feelings about family separation and become aware of the family changes
- Recognise they are not alone by building social and emotional competencies
- Increase awareness of support networks
- Recognise healthy and unhealthy relationships
- Develop respect for different types of relationships and make choices that are respectful of others



**Bookings essential  
call 8522 4400**

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**WEDNESDAY**

4 PM - 6 PM

**20 November 2024**

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**VENUE**

Level 3, Suite 301  
304-318 Kingsway, Caringbah

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**COST**

\$25 (or \$15 concession)