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# PARENTS NOT PARTNERS

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This is a six-session program which engages separated parents in entrenched conflict in a process of reflection and awareness-raising, so that they become more focused on the best interests of their children, rather than maintaining their anger at the child's other parent.

## Parents will learn:

- To better regulate their emotions
- Ways to self-care
- To help their children manage their emotions
- To recognise the effects of ongoing, mismanaged conflict on children
- To better manage conflict with the other parent
- Reorient interactions with their child's other parent to be respectful and co-operative
- To recognise and differentiate between their own and their children's individual needs
- To communicate effectively with the other parent
- To reflect on their behaviour and make changes where needed



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**Bookings essential  
call 8522 4400**

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**WEDNESDAYS**

5:30 PM - 7:30 PM

**from 30 October to  
4 December 2024**

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**6 sessions** to be attended

**VENUE**

Level 3, Suite 301  
304-318 Kingsway, Caringbah

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**COST**

\$25 per session (or \$15 concession)

Total \$150 (or \$90 concession)

Pre-payment required