
PARENTS NOT PARTNERS

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



**Bookings essential
call 8522 4400**

TUESDAYS

5:30 pm - 7:30 pm

**from 18 February to
25 March 2025**

6 sessions to be attended
(Intake appointment required)

facilitated via ZOOM

COST

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

Total \$150 (or \$90 concession)

Pre-payment required