



PARENTS NOT PARTNERS

Parents Not Partners is a program that engages separated parents in a process of reflection and awareness-raising. Participants become more focused on the best interests of their children, rather than maintaining their anger towards the other parent. Participants improve their ability to make workable parenting arrangements by re-focusing parents on their children and supporting their ability to co-parent.

Participants of this program will:

- Understand ways to regulate emotions
- Develop strategies for self-care
- Acknowledge ways to help their children manage their emotions
- Recognise the effects of ongoing, mismanaged conflict on children
- Improve their understanding of how to manage conflict with the other parent
- Reorient interactions with the other parent to be respectful and co-operative
- Differentiate between their own and their children's needs
- Communicate effectively with the other parent
- Reflect on their behaviour and make changes where needed



**Bookings essential
call 8522 4400**

MONDAYS

from 16 February - 23 March 2026

9:30AM - 12:00PM

VENUE

Facilitated via **ZOOM**
6 sessions to be attended

COST

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

Total \$150 (or \$90 concession)

Pre-payment required

**Scan the QR code
to discover more
about the course**

