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Contact Us

Owl Kids

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CatholicCare
SYDNEY

Owl Kids

A group for children
with separated parents



OWL001

CatholicCare
SYDNEY



Children will have the opportunity to:

- explore concepts of family, identity and differences of families
- process their feelings and experiences, whilst building a better understanding around family circumstances
- process their own separation story, while being reassured that family separation is never a child's fault
- explore grief and loss experienced in response to parental separation
- identify safe coping strategies for self-care
- process the experience of living in two houses
- identify the differences between child and adult responsibilities, as well as acknowledging the rights of being a child
- celebrate their learnings and progress throughout the program.

About the program

For many children, their parents' separation can change how they view or make sense of the world, their relationships, and safety.

Owl Kids is a group program supporting children who have or are experiencing parental separation. The program was created to provide children with a safe and supportive space to develop their emotional literacy through creative therapy, as well as the opportunity to interact with other children in similar situations.

Who is Owl Kids for?

The program is suitable for children that:

- are aged 7 – 12 years old
- are adjusting to some of the difficulties of parental separation
- have already or about to be told about their parents' separation
- have been impacted by parental conflict.

When and how does it run?

The program runs during school holidays. Visit catholiccare.org/owlkids to see our upcoming group sessions.

A parent information session runs at the same time as the first group session. The session helps parents to understand what Owl Kids is about, what the children might be bringing home and how each parent can support them. An alternate information session offers the other parent the opportunity to attend at a different time during the same week.

The final session is a presentation for the parents to attend, showcasing the children's progress and work through the program.

To register, contact us on (02) 9707 8555
or email reception.fr@catholiccare.org