



# Kids Building Bridges

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



### Cost

\$25  
(or \$15 concession)



### What

1 x 2hour group session



### When

Wednesday  
2nd September 2026

4:00 pm – 6:00 pm



### Where

Interrelate Caringbah  
Level 3, 304-318 Kingsway  
Caringbah



Have a chat with us to  
book or enquire about this  
course **8522 4400**