



Parents not Partners

Parents not Partners is highly recommended for separated parents especially those who are going through or are about to go through mediation or family law. With a strong focus on getting the best emotional and developmental outcomes for your child following separation it will help set your family up for your next stage of life.

Participants of this program will:

- Have developed an understanding of healthy boundaries between you and your ex-partner so you can focus on your child and their future
- Have learnt how to regulate your emotions and maintain self-care so you can be there for yourself and your child
- Be able to communicate effectively and be better informed around managing conflict with the other parent helping to reduce stress for your entire family

Create a safe place for your child to express how they feel, helping them develop a healthy relationship with the other parent



Cost

\$25 per session
(or \$15 concession)
Total \$150
(or \$90 concession)
Pre-payment required



What

2.5 hour sessions x 6 weeks



When

Tuesdays, 27 October to
1 December 2026

10:00 am – 12:30 pm



Where

Facilitated via ZOOM



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



Scan the **QR Code** to
discover this course
and available sessions
near you