

Parenting After Separation

This five- week program will help you learn how separation and conflict can impact children and gain information and strategies to help your children adjust



This program will look at:

- How children often experience separation
- What you can do to support your children after separation (including practical skills to support children during challenging times)
- How to build a working relationship with the other parent of your children
- Effective communication and conflict resolution
- Explore ways to care for yourself after separation

Location

Gateway Health ,155 High St, Wodonga

Date and time

Tuesday 20th February - 26th March 2024 from 10am to 12pm

Cost

This is a free program

To Register

Scan the QR Code or [click here](#)

Please register by Friday 16th February



For further information contact parenting team on 0457 279 796

Bookings are essential

gatewayhealth.org.au

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Please note this information applies to Term 1 2024