



## Navigating the Rough Swells

Post - Separation Parenting Group

2 hours per week  
for six weeks

Time: 10.00am - 12.00pm

**Dates for 2017:**

Thur 2nd March - 30th Mar

Tues 16th May - 20th June

Mon 24th July- 28th Aug

Fri 20th Oct - 24th Nov

**Where:**

Bethany

16 Ballarat Rd

Hamlyn Heights 3215

**Cost:**

FREE

**It can be difficult to manage your needs and those of your children, especially after separation. Navigating the Rough Swells, a post-separation parenting group, can help you;**

- see how separation affects not just you and your former partner, but your children
- develop parenting skills to help you relate to your children's issues and concerns around separation
- learn communication tools to enhance connections with your children, family and ex-partner
- put in place strategies to manage the changing family circumstances, shared care, repartnering, step parents and siblings, difficult behaviour

Groups not suitable for children.

**Registrations essential - to register or enquire phone 5278 8122**