

# Keeping Kids in Mind.

Supporting parents through post separation and ongoing conflict

## Parents experiencing conflict after separation

Parenting after separation can be difficult for both you and your child. Witnessing ongoing conflict can have a negative impact on a child's development. In a supportive group setting, learn how to support your child and deal with both the practical and emotional challenges of parenting after separation.

## What will I learn?

Keeping Kids in Mind assists parents to:

- View the experience of separation through their children's eyes
- Develop greater understanding on how to support children following family separation
- Rebuild resilience in both your children and yourself

Funded by the Australian Government Department of Social Services. Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.

**For more information or to make a booking**

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