IT ONLY TAKES ONE PARENT - YOU!

To make a difference for your children and prevent long lasting damage by:

- Stopping the fighting and arguing around your children
- Supporting your children in having a quality relationship with their other parent, (mum/dad and significant others)
- Being interested and involved in your children’s lives
- Letting your children know that it’s not their fault.

Commercial in Confidence

Your closest Centacare Tasmania office is:

35 Tower Road, New Town
(03) 62781660
www.centacaretas.org.au

Partly funded by the Commonwealth Department of Social Services

Weathering Family Separation

A support programme for separated parents

For your kids sake

Centacare, accredited by ACCDO, is committed to safeguarding children and young persons in all its programs, activities and recruitment

Our Mission

Centacare Tasmania, being committed to Christian principles, will respond to individuals, families and the community by providing services that will enhance human dignity and freedom, and enable people to realise their full potential.

Research and experience shows that separation of parents may have harmful emotional effects on children.

However, children can be helped to cope. Unfortunately, this doesn’t just happen, it does require parents to have some knowledge and skills.

Why not join us to find out more?

This three hour workshop is designed to help separated parents support their children through the separation and also get the best outcome where conflict exists between parents. It also allows an opportunity for you to share with other parents who are experiencing family separation in a small group setting.

Without separated parents learning how to co-operate, research shows children may:

- Blame themselves
- Worry about the future
- Feel torn between parents
- Have mental health, drug or alcohol problems
- Have fewer friends
- Become bullies or insecure
- End up in damaging relationships
- Harm themselves, even to the extent of attempting suicide
- Feel uncertain and anxious
- Struggle more at school
- Not reach their full potential

Gottman: Raising an emotionally intelligent child
WORKSHOP on Weathering Family Separation
A support program for separated parents

For your kids’ sake

Centacare Tasmania will be running a three hour workshop designed to help separated parents support their children through separation and also get the best outcome where conflict exists.

Please choose from the dates below the workshop you would like to attend (Choose only one session).

Available dates to attend the workshop are:

- Tuesday 3 March at 10.30am or
- Tuesday 20 March at 5.15pm or
- Wednesday 6 April at 10.30am or
- Wednesday 20 April at 5.15pm

Cost to attend the session is $10.00.

Please call Sonia or Robert on 6278 1660 for more information.