



# Co-Parenting Peacefully

## Program Overview

The Co-Parenting Peacefully series comprises of three sessions each focusing on a different topic. The sessions provide information, tools and strategies that will help you to work toward co-parenting peacefully from a child-centered approach.

- **Change and Transition – Two Worlds**  
Separation, grief and loss; change and transition; child focused thinking; and strategies to help you support children living in two worlds.
- **Communicating Effectively after Separation** Communication Styles, impact of conflict between separated parents on children and strategies for healthy communication with the other parent such as during times of handover.
- **Growing Your Child in Healthy Soil** Repairing ruptures in relationships; helpful ways to support the social and emotional wellbeing of your child for better outcomes post separation.

**Dates:** Tuesday 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup> March 2023

**Time:** 6pm – 8pm

**Venue:** Online via Zoom

**Cost:** FREE



### Registration

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