



## Keeping Kids In Mind

*Keeping Kids in Mind* helps separated parents minimise the impact of ongoing conflict on their children. The program promotes co-parenting relationships and provides parents with opportunities to gain insights, skills and strategies to refocus on their children's needs.

Parents will learn about grief and loss after separation, strengthening secure attachments, promoting resilience, effective communication and conflict resolution skills, and how to emotionally support children moving forward.

\*Note: Ex-partners DO NOT attend together

**Starts:**

**Tuesday 2nd May 2017**

**9:00am – 11.15am**

**(Five weekly sessions – 2, 9, 16, 23, 30 May)**

**Where:**

Elanora State School  
KP McGrath Drive, Elanora QLD 4221  
Library Resource Centre – Classroom 2

**Cost:**

FREE

**Bookings Essential.** Please contact  
Elanora State School Office  
to register: 07 5559 9222

 **centacare**  
catholic support services. providing help. creating hope.

family & relationship services