



Navigating the Rough Swells

FREE A post-separation parenting group

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
- Developing 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 and difficult behaviour
- Groups not suitable for children

***We recommend attending our Parenting after Separation Information Session prior to doing Navigating the Rough Swells**

DATES FOR 2019

*2 hours per week for 8 weeks

Daytime 10:00am - 12:00 noon

Wed 13 February - 3 April

Wed 24 July - 11 September

Evenings 5:30pm - 7:30pm

Wed 1 May - 19 June

Wed 16 October - 4 December

**At Bethany Community Support
16 Ballarat Road,
Hamlyn Heights, VIC 3215**

Registrations are essential - to register or enquire phone 5278 8122

bethany.org.au