

Coaching and counselling

Many separated parents find coaching or counselling useful.

Common issues include:

- Managing conflict better
- Improving communication
- Parenting skills
- Coping with emotions
- Living with your court orders
- Getting the best out of Family Dispute Resolution (mediation)
- Stepping away from violence.

Coaching can be provided one-on-one or in small groups.

Relationships Australia (SA) locations

Riverland

9 Kay Avenue
Berri SA 5343
T: (08) 8582 4122
F: (08) 8582 4152

Elizabeth

Shop 52a
Elizabeth Shopping Centre
50 Elizabeth Way
Elizabeth SA 5112
T: (08) 8255 3323
F: (08) 8255 7753

Salisbury

Shop 8a
Salisbury Cinema Complex
Cnr James and Gawler Streets
Salisbury SA 5108
T: (08) 8250 6600
F: (08) 8285 4494

Adelaide

55 Hutt Street
Adelaide SA 5000
T: (08) 8223 4566
F: (08) 8232 2898

Hindmarsh

192 Port Road
Hindmarsh SA 5007
T: (08) 8340 2022
F: (08) 8241 5236

Marion

Suite 500a
Westfield Shopping Centre
297 Diagonal Road
Oaklands Park SA 5046
T: (08) 8377 5400
F: (08) 8377 5411



Safety and respect

Your safety is our priority.

We know that some separated parents have been in violent and abusive relationships and may continue to feel threatened. We will address any concerns you have and provide support for managing the effects of violence.

If you have used violence or abuse against your ex-partner, we will support you in stepping away from violence and abuse and help you to be the best parent you can be.

'Working it out for the kids' is part of the Post Separation Cooperative Parenting Program which is funded by the Australian Government.

Murray Bridge

Centacare
55 Adelaide Road
Murray Bridge SA 5253
T: (08) 8531 8888
F: (08) 8531 8899

Outreach services are available to all Riverland and Murray Mallee towns.

Relationships Australia Bookshop

www.rabooks.com.au

Or

49a Orsmond Street
Hindmarsh SA 5007
P: (08) 8245 8111
F: (08) 8346 7333
E: bookshop@rasa.org.au

Post Separation Cooperative Parenting

Coaching and education to help parents stay focused on children's needs after separation

Relationships Australia

SOUTH AUSTRALIA™

www.rasa.org.au

Separation or divorce is hard on everyone. It's particularly hard for kids.

The good news is...

Parental separation is not necessarily bad for kids when managed well.

The bad news is...

Ongoing conflict *is* bad for kids. This is true whether parents stay together or separate.

But there is something you can do about it.

How we can help

The *Post Separation Cooperative Parenting* program can assist you to:

- Manage relationships better after separation
- Stay focused on the needs of your children.

We offer this through:

- 'Working it out for the kids' workshop
- Individual support.



Who is the program for?

The program is for separated parents who:

- Are finding it difficult to keep adult issues to do with their ex-partner separate from what they need to do as parents
- Finding it hard to deal with emotions, such as anger, grief, disappointment and jealousy
- Want support to be the best parent they can be
- Want to avoid or get out of a cycle of blame and conflict with their ex-partner.

It is suitable for parents who have just separated or for those who have been separated for some time.

Living with your Court Orders

For those who have court orders, the program can help you focus on making the orders work the best it can for your children.

*"When parents do better...
children do better"*

Working it out for the kids workshops

The workshops are regularly offered and include video clips, discussion and activities. The main topics covered include:

- Looking after yourself
- How divorce and separation affects kids
- How to keep conflict away from kids
- Being the best parent you can be.

Before attending a workshop, you will have an appointment to talk about your situation and to ask questions.

You and your ex-partner will attend separate workshops.



"I decided it was better to love my kids, more than I hate my ex!"

- Workshop Participant