

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.

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.

Relationships Australia SA locations

Central (Adelaide)

161 Frome Street
Adelaide SA 5000
T: (08) 8223 4566
F: (08) 8232 2898

North (Elizabeth)

13 Elizabeth Way
Elizabeth SA 5112
T: (08) 8255 3323
F: (08) 8255 7753

Inner West (Hindmarsh)

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

North (Salisbury)

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

Outer West (Port Adelaide)

Ground Floor,
8 Butler Street,
Port Adelaide SA 5015
T: (08) 8340 2022
F: (08) 8241 5236

Ridgehaven

2/1273 North East Road,
Ridgehaven SA 5097
T: 08 8396 4237
F: 08 8396 4238

South (Marion)

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

Riverland (Berri)

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

Outreach services are available in Murray Bridge and all major Riverland and Murray Mallee towns, please call the Riverland office on 8582 4122 to make an appointment.

Adelaide Family Relationship Centre

161 Frome Street
Adelaide SA 5000
T: (08) 8419 2000
F: (08) 8232 2898

Salisbury/Elizabeth Family Relationship Centre

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

13 Elizabeth Way
Elizabeth SA 5112
T: (08) 8255 3323
F: (08) 8255 7753

www.rasa.org.au

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Post Separation Cooperative Parenting In the Riverland

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

Relationships Australia.
SOUTH AUSTRALIA

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

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 counselling and support.



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

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.

This program includes information to help parents understand how children may experience conflict and ideas for how to support children.

This program is available throughout the Riverland (Renmark, Loxton, Berri and Waikerie)

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.

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.



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