

FREE PARENTING PROGRAMME FOR SEPARATED PARENTS

~~ How to help your kids when you separate

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Held every month at the Goals Centre

These sessions are for separating or separated parents or those thinking about separation.

Parents *do not* attend together.

In this small group, you will be able to:

- **discuss the impact of separation on you and your child**
- **get help with the conflict that may result**
- **learn how to keep your child out of the conflict**
- **ensure that you attend to the best interests of your child**
- **discuss ways to help your family adjust to the changes**
- **find effective ways to communicate with your ex partner**
- **find options for resolving family disputes, including mediation, counselling and the Court process**

To enroll: please phone

**The Goals Centre: Ph. 366 4132
165 Bealey Avenue
Christchurch**

Or email: cathy.mcpherson@goalcentre.co.nz