

Moving Forward

Post Separation Program



A 3 week program that will explore:

1. The grief process for adults and children
2. Strategies to understand reactions and improve communication with children
3. Strategies to improve communication with the other parent
4. The importance of looking after yourself post separation.

Included in this program is the option for 2 individual sessions with a Centacare counsellor.

Date: TBC – Expressions of Interest currently being taken

Time: 6.30 – 8.30 pm

Venue: Warrnambool, Portland, Hamilton

Cost: \$20.00

Bookings: Centacare Family and Community Services

Family Relationship Educator

Marea Sholly

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