

SPARK

Separated Parents Are Raising Kids Workshop Series

Come along to one or all of the sessions!
Each session is self-contained, so can be done in any order.

Cost: \$15 per session or \$60 paid in advance for 6 sessions.
For a certificate to satisfy the Court an individual will need to complete six sessions.
A certificate will be given at the completion of each session to acknowledge a person's participation in that session.

Conflict Management

- » Control vs management
- » Conflict resolution styles
- » Assertiveness skills
- » The effects of conflict on your children

The Court System

- » Process and intent of Family Court
- » Process and preparation for mediation
- » What to think about when considering parenting plans
- » Building resilience

Communication Skills

- » Communication model
- » Different responses
- » Planning to communicate
- » How to make a proposal

Attachment and Development

- » Developmental stages of children
- » Child issues
- » Listening to your child
- » Strengthening the attachment

Impact of Conflict

- » Psychological effects; on adults and children
- » Grief and loss; on adults and children
- » Stress; the impact it brings
- » Effect of past on the future

Blended Families

- » Through the eyes of a child
- » How do you build a strong relationship with a new partner
- » Understanding family structure
- » How to support without becoming enmeshed

Emotional Regulation

- » How the mind works
- » How the mind works when in conflict
- » Dealing with frustration
- » Self-care

How To Get Involved

For more details please call 1300 477 433 or email enquiries@catholiccare.services

More about SPARK

Spark sessions run Tuesday and Wednesday morning and evening in a rolling pattern. Please see the website for the dates and times.

Spark is an educational group that is designed specifically for separated parents who are in high conflict over their children. We understand that parents in these circumstances really struggle with communicating with the other parent around the children's arrangements, how change-overs can be problematic, and that 'buttons get pushed' and things can quickly escalate into highly-charged arguments.

This program is designed to address these types of issues, in small modules of just 2-hour timeslots. Each module is inter-related with the others, but they are all separate. We cover topics such as:

- » How to manage conflict more wisely
- » How to communicate better with the other parent
- » How to have a stronger relationship with your children and meet their parenting needs
- » How conflict impacts you and the children
- » What the Family Law system in Australia requires in terms of mediation/FDR and the Court process
- » The challenges that Blended Families can bring

The groups are small and we accept voluntary as well as mandated clients. We are here to help you improve your situation and you will receive a Certificate at the end of each module as well as at the end of the program, which is especially helpful if you are going through the Court process. This is a 'rolling' or ongoing program, which means that you can start at any time.

About CatholicCare

Empowering individuals, families and communities to overcome the challenges of life.

As the social services agency of the Catholic Diocese of Toowoomba, CatholicCare provides a range of services to promote individual, family and community wellbeing through the Darling Downs and South West Queensland. CatholicCare supports all clients in an inclusive environment that welcomes diversity.

CatholicCare are welcoming of and support/work with clients from:

- » All cultural backgrounds including refugees, migrants and new settlers to Toowoomba
- » Aboriginal and Torres Strait Islander background
- » All religious and spiritual beliefs
- » All relationships and family structures



Contact Us

☎ 1300 477 433

@ enquiries@catholiccare.services

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» DALBY

Myall Youth and Community Centre 28A
Nicholson Street, Dalby Q 4405

» CHARLEVILLE

102 Alfred Street, Charleville Q 4470

» ROMA

36 McDowall Street, Roma Q 4455

» ST GEORGE

119 Victoria Street, St George Q 4487

» WARWICK

73 Dragon Street, Warwick Q 4370

We are honoured to be on the ancestral lands of the traditional custodians of this area, the Giabul, and Jarowair peoples. In keeping with CatholicCare's spirit of reconciliation and respect, we understand that these groups have occupied and cared for this land over countless generations and we celebrate the continuing contribution of these communities to the life of this region. We also recognize and respect those emerging leaders who now claim Australia as their new home.