

Is my child's  
behaviour  
normal?

How do I talk to  
my child about the  
changes in our  
family?



### **Seasons for Growth® Parent Program: Supporting your child following separation and divorce**

This short program offers parents the opportunity to explore ideas and strategies that might assist in supporting their child/ren through the changes happening in their family. Discussions will include:

*How parents can help their child*

*Children's reactions  
to change and loss  
and how they cope*

*Communicating with your child*

*The Seasons for Growth® approach  
to understanding and managing  
change, loss and grief*

*Caring for yourself - how this helps  
in providing positive parenting*

The conversations will focus on what the experience of separation and divorce is like  
***from a child or young person's perspective.***

**Venue:** Mum's Cottage  
29 St Helen Street, Holmesville

**Dates:** Thursdays 12<sup>th</sup> and 26<sup>th</sup> May, 2016

**Time:** 12.30pm – 2.30pm

**Cost:** \$15 (payable on the first day). Concessions available

**RSVP:** Seasons for Growth - contact Jenny on  
Ph: 4979 1355 or email: [jenny.harris@mn.catholic.org.au](mailto:jenny.harris@mn.catholic.org.au)

*Comments from Parents "I gained a lot of confidence in myself...I hadn't realised how many changes my kids are facing...I was reminded of the importance of spending time with my kids...I found the journal very useful...I will make sure I communicate more with my children about the changes in our family."*

*The Co-ordination of Seasons for Growth® in the Hunter region is made possible through funding from the Catholic Schools Office & Catholic Diocese of Maitland-Newcastle.*