



Making Separation Manageable

This is a group for men and women who are considering separating or have separated within the last three months.

It will support participants in

- Processing intense feelings.
- Working out constructive post-separation parenting and co-parenting strategies.
- Reducing the troubling impact of separation on all family members, especially children.
- Considering legal and financial processes and options.

When: Wednesday mornings, 16 May - 20 June (6 weeks)

Time: 9.30am - 11.30am

Where: Darlington Children's Centre
12a Kurrajong Place
Seacombe Gardens

Cost: Free

Limited crèche available. Registration is essential, please call Deb Higgins at Darlington Children's Centre on 08 8296 2686.