



Positive Steps Post-Separation

This group is designed to assist you to navigate the challenges of separation and to parent your children more effectively through the times of transition. We look forward to getting to know you and working with you during this 8-week educational post-separation support group.

This group is open to both men and women who are planning on separating or have separated within the last 12 months.

We will cover a broad range of topics such as:

- Self-care
- Parenting
- Legal and financial issues

When: Monday afternoons, 7 August - 25 September (8 weeks)

Time: 1.00 - 2.30 pm, tea and coffee until 3.00 pm

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

Cost: Free

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