



# Between TWO Homes

## Post Separation Parenting Program

### What is the “Between Two Homes” program about?

Separation can be a difficult, stressful time. The Post Separation Program: “Between Two Homes”, is about providing information that will assist participants to learn new ways to protect their children from the harm this can cause, and to understand how to put their children first when separating. This education program helps separating parents reduce conflict and manage the changes in their lives.

### Why attend?

This four-session program will equip participants with the skills and knowledge to focus on the best interest of their child/ren. In addition, this program offers ongoing one-to-one and group support to help keep the best interests of their children in focus during separation. Research has shown that children are more likely to feel positive and safe when their parents get along, and when the children have input into decisions about the details of their living arrangements.

### Is it compulsory?

Whilst the program is not compulsory, it is highly recommended because it focuses on the best interest of the children, improves co-parenting relationships and impresses upon parents their critical role in helping their children to adjust to the difficulties of separation.

### Who can attend the program?

Any person can attend the program if they are either separated or intending to separate from their partner. It is recommended that parents attend separate workshops to ensure individual confidentiality and to provide individualised support.

### What information will the participants receive?

Participants will receive handouts from all four learning modules throughout the workshop that will cover the difficulties of separation, understanding individual and children’s emotions, learning new parenting and co-parenting skills and learning effective communication to pave the way forward.

### What is the process?

1. Contact CatholicCare and make an appointment with one of the program facilitators.
2. Once an appointment has been made, this first initial intake and assessment will take around one hour and will be completed by a post separation program facilitator. This is to provide information about the program and to ensure suitability to participate in the workshop.
3. The next stage is to attend the workshop. This is a closed group that will run over a four-week period. Each weekly session will go for one and a half hours.
4. After the workshop is accomplished, the post separation program allows for a continuation of support by providing ongoing individual counselling sessions. These sessions are also free of charge.

## What happens during the workshop?

The workshops have between 5 and 10 participants. The facilitators of the workshop will provide information, will support a healthy discussion and will create a safe environment for goal setting and new learning. The workshop covers the following topics:

### WEEK ONE:

#### Understanding the difficulties of Separation

- Effects of separation on parents, guardians, children and other supports.
- Understanding the child/ren's experience.
- Children's rights.
- Developing self-care strategies and learning how to look after yourself.

### WEEK TWO:

#### Understanding emotions

- Managing different emotions. (Children and Parents)
- What do children need.
- Learning about your children's ages and stages of development.
- Exploring the Circle of Security.
- Understanding the attachment needs of children.

### WEEK THREE:

#### Parenting and co-parenting

- What is parenting?
- What is co-parenting?
- Discussion cards.
- Parental responsibilities.

### WEEK THREE:

#### Communication and the way forward

- Effective Communication.
- Improving communication.
- Exploring Control and Influence.
- Bridge.
- Looking ahead with hope and building a safe future for your children.

## What does it cost?

There is no cost.

## Is the program confidential?

Yes, the program is confidential – except in certain circumstances, such as reported child abuse, a serious threat to someone's life or health or commission of a serious crime.

## Do participants receive a certificate to show that they have completed the program?

Yes, each participant will receive a Certificate when they have completed the four required sessions.

## How can parents access this program and referral process?

This program is offered state-wide.

To find out more about the program or make a referral:

CALL 1800 819 447 between 9am and 5pm

- Monday to Friday

To arrange an appointment, or email a referral to [catholiccare.hobart@aohtas.org.au](mailto:catholiccare.hobart@aohtas.org.au).

