

**UNIT
6**

**Whose Problem?
What Problem?**

Depending on your point of view, problems can create road blocks in our lives or push us to embrace creative solutions and new life directions.

In this session we explore the many ways a problem can be addressed and try to look beyond right or wrong.

**UNIT
7**

Conflict is Not a Dirty Word

Conflict can be negative but differences of opinion are a part of life.

In this module you are encouraged to think about differences of opinion through the prism of a child's needs.

By adopting a planned approach to differences and utilising what you have learned in the group you will be well on the way to a constructive co-parenting relationship.

**UNIT
8**

**Looks Like We've Made It;
But Have We Made a Difference?**

It is useful to reflect on what you have learned and to plan for the future.

In this final session participants will review their learning, complete an evaluation and undertake to adopt a business-like approach to co-parenting their children.

Course Venues

Highett

1125 Nepean Hwy, Highett Vic 3190
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Highett Vic 3190
Phone 9555 1439 Fax 9532 1608

Frankston

35 Beach St (Cnr Lewis St), Frankston Vic 3199
Ph 9783 5172 Fax 9783 5218

Boronia

Suite B, 6 Floriston Rd, Boronia Vic 3156
Ph 9739 8256 (Mon - Wed only)
Fax 9739 8561

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GordonCare

for children and families in need

**Stand By Me
Parents' Group**

**Separated parents sharing
experiences and discussing
child-focused ways to enjoy
the time they spend with their
children.**



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Are you experiencing conflict with your post-separation parenting arrangements?

Having difficulty managing your Parent Orders?

Can't agree about the way you parent your children?

UNIT 1 Getting Started on the Road to a New Look Parenting Relationship

Parenting after separation is quite a challenge! In this module we redefine co-parenting as the “business” of maintaining a working relationship with the child’s other parent in order to put the child’s needs first.

After introductions and meeting your children through photos and stories, you will be invited to explore the concept of applying a business-like approach to cooperative parenting.

We use adult learning principles so that you gain understanding and knowledge in a non-judgemental and supportive environment.

UNIT 2 Understanding Our Journey of Development and Respecting Differences

No two families are alike, which is why we spend this module looking at how parenting and partnering styles are formed. You will develop an awareness of the beliefs, values and behaviours you learned in your family of origin and how these may have influenced you as a parent and partner.

The exploration of differences promotes new insights that may lead to flexibility in your approach to parenting and a better working relationship with the other parent.

UNIT 3 Beginnings, Endings and the Grief In-Between

Beginning a relationship is exciting, ending a relationship can be difficult and challenging.

In this module we explore the process of relationships, the beginning, the middle and the end.

You will gain a new perspective on your relationship, how the ending impacted you and what you can do to move forward.

UNIT 4 Our Children - Their Grief; A New Awareness

Family breakdown can be difficult for children to understand, especially if they are little, but even older children can experience confusion and uncertainty.

In this module we learn that how you react and adjust to the separation makes a big difference to how your children cope. Not only do we look at the experience of children during separation but we identify ways to support them.

UNIT 5 Look Who’s Talking - Look Who’s Being Heard

Effective communication is essential to parents maintaining a sound working relationship after separation. In this module you will learn child focused communication techniques through enjoyable activities.

