



Learn how separation and related conflict can impact children, and gain information and strategies to help your children adjust.

What will you learn?

The program includes 3 core sections and optional electives.

1. Self-care

Topics include:

- dealing with loss
- practical self-care for busy parents
- diet and exercise
- dealing with drug/alcohol challenges
- emotional and spiritual resources and mindfulness
- the rebound relationship
- self-care resources and referrals.

2. Co-parenting

Topics include:

- co-parenting goals
- dealing with difficult communication
- 'Brief, Informative, Firm and Friendly' messages
- business type relationships
- 'when all else fails'
- co-parenting tips from experienced mediators and researchers.

3. Being attentive to children's needs

Topics include:

- understanding children's needs
- managing difficult behaviours and emotions
- different parenting styles
- impacts of separation on children's behaviour
- an interview with 2 experienced child consultants.

Electives

This section offers optional but recommended content on communication, conflict management, and family therapy.

90%



of parents learned new skills to use in their co-parenting relationship

What's involved?

The program includes 4 steps.

1. Registration

Bookings are essential.

To register your place, scan the QR code below or visit bit.ly/RAV-PASS-Registration



2. Online learning

After you register, we'll send you instructions on how to access our online learning management system.

The online self-paced learning typically takes 8-9 hours to complete.

It includes presentations, interviews, quizzes, reflection exercises and other learning modes designed to support parents to co-parent more effectively.

You'll have access to the online content for 4 months from the date of purchase and will also receive a workbook that will guide you through the program.

3. Group discussion

A brief assessment is completed before you participate in an online, 2-hour, small group discussion. You can book this discussion through the learning management system.

We run weekly morning and lunchtime group discussions regularly between February and mid-December.

Please note: We do not offer evening or weekend sessions.

Sessions fill up quickly, so we recommend booking early to secure your place.

4. Certificate of completion

Once you have completed the online learning and group discussion, you will receive a certificate. For court-ordered participants, this will satisfy requirements for Court Orders.

'I'm not alone – others are going through this – and you can come out the other side.'

- PASS program participant



How much does it cost?

\$150 (or \$100 for health care card holders).

Contact us

If you have questions about the program, please contact our Melbourne Family Relationship Centre.

- Email enquiries@melbournefrfc.org.au
- Call (03) 8625 3666

About us

Relationships Australia Victoria (RAV) is a community-based, not-for-profit organisation with no religious affiliations.

We have over 75 years' experience providing family and relationship support services from more than 21 locations across metropolitan Melbourne and regional Victoria.

Our vision is for positive, respectful, safe and fulfilling relationships for all Australians.

We are committed to providing safe, inclusive and accessible services for all people.



We acknowledge the Aboriginal and Torres Strait Islander peoples as the Traditional Owners of the lands and waterways of Australia and we support Aboriginal people's right to self-determination and culturally safe services.

* Image for illustrative purposes only