



# Parenting After Separation Seminar

**Learn how separation and related conflict can impact children, and gain information and strategies to help your children adjust through online learning and a facilitated group session.**

The online learning section includes over 30 topics delivered in 3 parts as listed below. In parts 1 and 2, you are required to choose 7 topics in each part that meet your needs and situation (or more if you would like). All topics in part 3 must be completed before participating in the group session with an experienced facilitator.

## 1: Self-care & self-compassion

Topics include:

- dealing with loss
- practical self-compassion exercises
- managing drug/alcohol challenges
- mindfulness
- self-care for transgender people
- stories of resilience.

## 3: Children

Topics include:

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

## 2: Post-separation parenting

Topics include:

- focusing on children's needs
- 'Brief, Informative, Firm and Friendly' messages
- business-type relationships
- self-regulation exercises
- new rules and boundaries for co-parenting
- communication strategies.



It reiterated to me the importance of leaving children out of adult issues and maintaining focus on moving forward and ensuring the kids are okay and reassured throughout a challenging time.'

– Parenting After Separation Seminar participant

# What's involved?

The program involves 4 steps.

## 1. Registration

Bookings are essential.

## 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 will also receive a workbook that will guide you through the program.

You'll have access to the online content for 4 months from the date of purchase.

## 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.

## How much does it cost?

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

## Register

Scan the QR code or visit [bit.ly/RAV-PASS-Registration](https://bit.ly/RAV-PASS-Registration)



## Contact us

If you have more questions, please contact our Melbourne Family Relationship Centre, which coordinates the program.

**Phone:** (03) 8625 3666

**Email:** [enquiries@melbournefrc.org.au](mailto:enquiries@melbournefrc.org.au)

**Website:** [www.rav.org.au/PASS](http://www.rav.org.au/PASS)



It's okay to ask for help. Knowledge is power and the more knowledge you have in this area, the more successful you are going to be at co-parenting.'

– Parenting After Separation Seminar participant, 2024

## About us

Relationships Australia Victoria (RAV) has been supporting Victorians for more than 75 years. Having pioneered family dispute resolution in Australia in 1984, we continue to be one of the largest providers of the service today.

We provide a diverse range of family and relationship services to support individuals, couples and families — including children and young people — across metropolitan Melbourne and regional Victoria.

Images for illustration only. Page 2 of 2

We acknowledge First Nations peoples as the Traditional Owners and Custodians of the lands and waterways of Australia and support their right to self-determination and culturally safe services.



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

