

# Building Connections

...putting children first



Supporting parents in post-separation

## Information for Facilitators

**Building Connections** is a three-hour parenting education seminar that has been developed to support separated parents practice positive ways of parenting. In particular, it aims to foster awareness of the importance of giving up entrenched conflict and facilitate parenting arrangements in the best interests of their children.

**The seminar goal is to improve the lives of children by helping separated parents to:**

- understand the effects of family separation on children
- understand the impact of unresolved, high and/or entrenched parental conflict on children.
- improve communication with the child's other parent
- be more effective parents

**By the end of the seminar participants will:**

- know how family separation and unresolved, high and/or entrenched parental conflict affects children
- have strategies to help them deal more constructively with their child's other parent
- know how they can be supportive of the child's relationship with their other parent
- have identified some of their own healthy and unhealthy parenting behaviours and know alternative ways of responding
- know the importance and ways of looking after themselves

## Building Connections Online

Building Connections online version for clients will be launched towards the end of 2019.

**See a sample of the Building Connections program at:**

<https://www.interrelate.org.au/resources/training>

**For more information on program licencing and facilitator training or to be notified when Building Connections Online is launched, please contact:**

Mary Tiller: [training@interrelate.org.au](mailto:training@interrelate.org.au) | Phone: (02) 4016 0500