

Building Connections[®] online



Interrelate's Building Connections[®] program now available online

Interrelate's Building Connections[®] program for separated parents who are struggling to focus on what is best for their children is now available online in two different modalities: **self-paced and group facilitated**.

Key outcomes of the program

Participants will learn:

- the effects of family separation and the impact of parental conflict on children
- the importance of looking after themselves post separation
- to improve their communication with the other parent
- how to be a more effective parent
- about support services available to help deal with the fall-out from family separation or divorce.

Phone **1300 473 528** or visit our website for more information: www.interrelate.org.au

Building Connections® online: Self-paced



Participants can complete the Building Connections® program in their own time by accessing the educational content through our eLearning portal, at a minimal cost of \$25.00. Upon successful completion of the program, participants are issued with a certificate of attendance.

Building Connections® online: Group facilitated



Participants can also complete the Building Connections® program in a group facilitated environment at no cost. Participants will interact with both a facilitator and a small group of participants in similar circumstances. Upon successful completion of the program, participants are issued with a certificate of attendance.

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