



# Parenting Through Separation

Parenting Through Separation is a free information programme, funded by the Ministry of Justice, which helps you work out what's best for your children when you're separating.

Parenting Through Separation is focused on providing practical advice and information to keep things as stress-free as possible for your children and to help you work out what parenting arrangements will work if or when you separate.



## Topics covered include:

- How separation affects children
- What children need during separation
- Keeping children away from conflict
- Talking with children about separation
- Talking about parenting arrangements
- How to make a parenting plan
- How the Family Justice system works.

Parenting Through Separation has been developed by professionals who specialise in helping families through separation, and is delivered by experienced facilitators from Family Works and Community Law.

Each programme is made up of two sessions lasting approximately two hours and is run in a small, relaxed and supportive group setting.

***Family Works helps families and whānau to be safe, strong, connected.***