

What *people* say

"The information was great. It helped me find the best possible solution for my children."

"It helps you understand how your children think, and how you can make separation easier on them."

"It's nice to learn with others who are going through the same experience."

Contact Family Works Parenting through Separation is provided at these Family Works sites:

Tauranga (Hillier Centre)

31 Gloucester Rd, Mt Maunganui,
Tauranga 3116
Ph: 07 575 9709
Email: admin.tauranga@fwn.org.nz

Whakatane

156 The Strand, Whakatane 3120
Ph: 07 307 1133
Email: admin.whakatane@fwn.org.nz

Rotorua

1083 Eruera St, Rotorua 3010
Ph: 07 349 0990
Email: admin.rotorua@fwn.org.nz

Other Family Works services are provided in these are as:

North Shore

PO Box 150, Albany Village,
Albany 0755
Ph: 09 448 2633
Email: admin.waitakere@fwn.org.nz

South Auckland (Te Hononga)

10 Mahia Road Manurewa,
Auckland 2102
Ph: 09 269 1009
Email: admin.tehononga@fwn.org.nz

Waitakere

3 Montel Avenue, Henderson,
Auckland 0612
Ph: 09 835 1288
Email: admin.waitakere@fwn.org.nz

Whangarei (Genesis Centre)

16 Mair St, Regent, Whangarei 0112
Ph: 09 437 6729
Email: admin.whangarei@fwn.org.n

Auckland (Leslie Centre)

37B Dornwell Road, Mt Roskill,
Auckland 1041
Ph: 09 639 2016
Email: admin.lesliecentre@fwn.org.nz

Waikato (Te Ara Hou)

100 Morrinsville Rd, Silverdale,
Hamilton 3216
Ph: 07 858 4413
Email: admin.waikato@fwn.org.nz

East Auckland

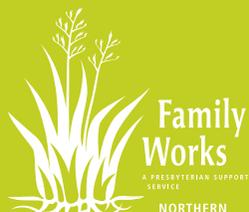
PO Box 14714, Panmure,
Auckland 1741
Ph: 09 580 1284
Email: admin.lesliecentre@fwn.org.nz

Taupo

Tauhara Wing, Waiora House,
129 Spa Rd, Taupo 3330
Ph: 07 378 6480
Email: admin.taupo@fwn.org.nz

www.northern.familyworks.org.nz
www.facebook.com/familyworksnorthern

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Parenting through Separation

Putting children first



Separating from your partner?



Separating from your partner can be stressful but when children are involved, the process can be even harder.

Parenting through Separation is a free information programme, funded by the Ministry of Justice, that helps you focus on what's best for your children when you separate.

Anyone involved in parenting arrangements for children can attend, including separating or separated parents, grandparents and other family/whanau members.

You have to complete a Parenting through Separation course before attending family dispute mediation or applying to the Family Court (in most cases). The course is free.

Programme topics

Parenting through Separation focuses on the wellbeing of your children. It covers topics like:

- how separation affects children
- talking with children about separation
- talking with ex-partners about arrangements for the children
- how to make a parenting plan
- keeping children away from conflict
- support services in your local community
- how the Family Court works.

You'll also be given free take-home material that will help you and your children deal with separation.



What happens at the programme?

You'll be in a small group with up to 20 people. A trained programme leader will provide information and you will be able to discuss parenting issues and ask questions if you wish. The programme takes about four hours, usually in two sessions of two hours each.

Who else will be there?

The programme is for adults at any stage of separating. Children do not attend, but grandparents and other family/whanau members may attend if they are involved in your children's care. Your new partner can attend too.

If you are worried about your own or your children's safety because of domestic violence, you need to tell Family Works when you book your course.

Everyone who attends the programme is asked to provide photo identification. At the end of the course, you will receive a certificate confirming your attendance.

Will my ex-partner be there?

No. It is best for both parents to attend the programme but at different times. The programme is designed to help you focus on your children's needs during separation. Family dispute resolution can be organised if you and your ex-partner need help agreeing on how your children will be cared for.

How do I get to a programme?

To find a course near you, contact Family Works (see the back page for details). You can also phone **0800 RESOLVE (0800 737 6583)** or visit www.resolution.org.nz and fill out the enquiry form.