

Why use this service?

Parenting after separation can be challenging particularly when there are high levels of disagreement and conflict between parents. *Parenting Separately* aims to identify and develop useful strategies to deal with difficult situations and communicate more effectively with the other parent.

Parenting Separately provides information and assistance that can be related to your individual situation, so you can best support your children's needs.

Who can use this service?

Parenting Separately is offered to separated parents and significant others such as grandparents and carers.

What does the service cost?

Parenting Separately is free of charge to participants.

Relationships Australia Tasmania provides services that are subsidised by the Australian Government.

How is Parenting Separately delivered?

The program is delivered via

- individual sessions and /or
- educational workshops

The delivery of the program can be individually tailored, in collaboration with you. However, if a *Statement of Completion* is required, both aspects of the program are to be completed.

Educational workshop topics include the following

- Why do we get into conflict? What can I do to reduce the conflict in my family?
- What is it like for children?
- What can I do to improve communication with my child's other parent?
- What are the basic necessities for an effective co-parenting relationship?
- How is my separation and co-parenting impacting my child's development?

Confidentiality

Parenting Separately is confidential. Practitioners work with each parent separately and ex-partners do not attend workshops together.

All information will be kept in accordance with our policies, processes and guidelines.

How do I find out more?

For more information phone Relationships Australia Tasmania and ask to talk directly with one of the *Parenting Separately* practitioners.

Referrals are also accepted by other community or government agencies, lawyers or court officials.

Other services offered

Relationships Australia Tasmania also offers the following separate services

- Relationship/Individual Counselling
- Family Relationship Centre
- Family Dispute Resolution
- Children's Contact Service
- Child & Adolescent Services Unit

...encouraging positive co-parenting
that enables children to develop
sustainable parental relationships

1300 364 277
tas.relationships.org.au

About us

At Relationships Australia Tasmania we want all Tasmanians to enjoy positive, respectful and happy relationships.

We are committed to giving people the services and support they need, when they need it, to assist them when life presents difficulties.

This may be to do with a relationship, work, past trauma or other personal challenges.

We aim to help people transform their lives and their relationships in ways that matter to them.

...parenting after separation
can be challenging

For more information

1300 364 277
or contact a local office

Hobart
20 Clare Street
New Town
TAS 7008
email: admin@reltas.com.au

Launceston
6 Paterson Street
Launceston
TAS 7250
email: admin@reltas.com.au

tas.relationships.org.au

Relationships Australia
TASMANIA

Parenting Separately (Parenting Orders Program)

Hobart, Launceston

Information, Support & Education
for Separated Parents

