

Program aims

Banana Splitz and MAD (Making a Difference) are designed to give children and young people an opportunity to

- be supported
- adjust to separation and divorce
- express their thoughts and feelings
- let their families know what they need

Children and young people meet other people going through similar experiences and learn some new skills to cope with family changes, in a fun environment.



“Life as a separated family is like being part of a trapeze group. Parents need to learn the skills to ‘pass’ and ‘catch’ children. Children need to be able to safely ‘fly’ between their parents.”

Bookings & enrolment

Before a child/young person can attend a group, a case manager will meet with at least one caregiver of the child for an intake interview to ascertain the child’s experiences and discuss the group program. Interview sessions go for approximately one and a half hours and are not suitable for children to attend.

Referral not required.

Fees are payable for the service but they are very reasonable and concessions are available.

Contact Us

159 Port Road
Hindmarsh SA 5007
1300 368 894
Phone (08) 8305 9200

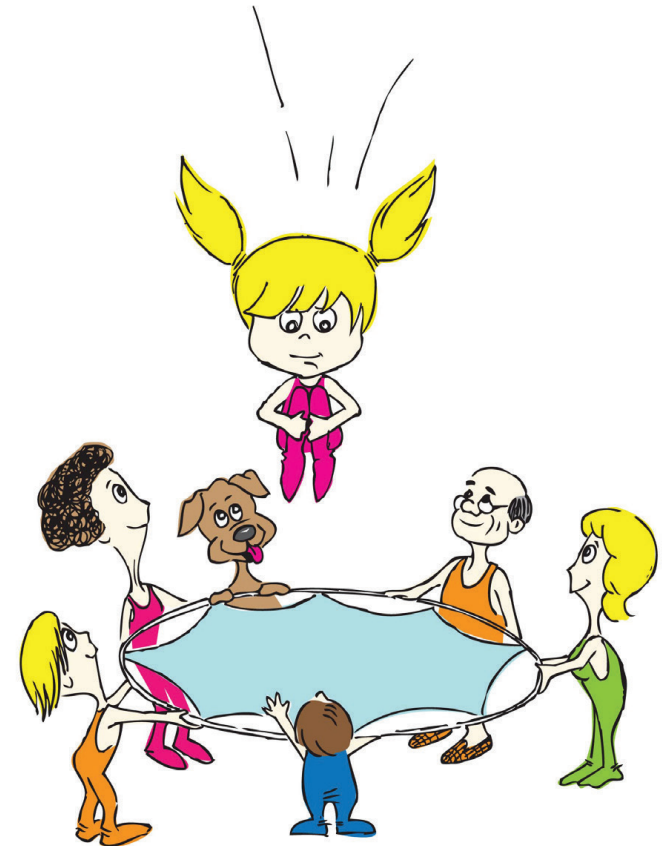
kidsarefirst@anglicaresa.com.au
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Office hours Monday to Friday
8.30am to 4.30pm

This program is funded by the Australian Government Department of the Attorney-General and administered by the Department of Social Services.

Banana Splitz

Support for children & young people
It’s all about the children



Counselling services for children and young people ages 5 to 17

KidsAreFirst provides short-term, individual counselling to children and young people, between the ages of 5 and 17 years whose parents have separated. Children and young people are offered a place to share their thoughts and feelings and adjust to parental separation with a caring professional.

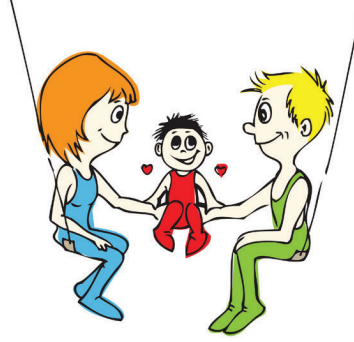
What do we do?

Skilled counsellors use a combination of evidence based, child focused therapeutic approaches to help children express themselves in a safe and non-confrontational manner. Counsellors will also provide parents with regular reviews of the counselling process.

Confidentiality

Children receiving counselling have the right to confidentiality except where counsellors are required by law to report concerns about child abuse or safety.

Session Duration: sessions typically range from 45 minutes to an hour, depending on the child/young person's developmental level and age.



Banana Splitz groups for children ages 5 to 12

The Banana Splitz group programs are full of fun and exciting activities designed to give the children a safe, non-confrontational way to explore their family experiences. The program includes games, stories, craft, and music in an age-appropriate manner. We also use a variety of therapeutic techniques in order to open up discussion and encourage growth.

Topics covered throughout the program are:

- What's happened to my family? - introducing children to the topic and to each other
- It's just different now - concentrates on parental relationships and what it is like living in two homes
- Sad days, bad days and glad days - learning some healthy alternative responses to some feelings and to practice coping strategies
- Worry monster mayhem – an opportunity to discuss our worries and who we can turn to for help
- Amazing me! - children will learn how to achieve as a team, and acknowledge strengths in themselves and others
- Bright futures - time to recognise what the group has done, what families look like now and what the strengths are in themselves and their families.

MAD - Making A Difference groups for young people 13 to 17

MAD groups are a special group for young people who have parents that have separated. It is a time where young people can talk about their experience and meet up with others who know exactly what they're going through.

Some points of discussion are:

- An opportunity to share their experiences with others who get it
- Learn coping strategies
- Loss and Grief feelings
- Parental Conflict – It's Not Your Fault!
- Useful Services
- Explore effective communication skills
- Moving between two homes
- Skills to promote future growth and development

MAD can also be offered as a collaborative project with community centres and schools in metropolitan and regional South Australia.years.

Where can you find Banana Splitz?

Group sessions are held at Cowandilla, Elizabeth, and O'Sullivan Beach. Banana Splitz can also be offered as a collaborative project with community centres and schools in metropolitan and regional South Australia.