

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.

AnglicareSA offers Banana Splitz and Making a Difference programs to support children and young people through family separation or divorce.

The programs are delivered by skilled facilitators who combine evidence-based and child-focused therapeutic approaches, in a fun environment for children and young people.

Through the program children and young people will have an opportunity to:

- be supported
- explore their thoughts and feelings
- learn to adjust to separation and divorce
- let their families know what they need
- connect with others going through similar experiences
- learn new skills and strategies to cope with family changes.

ANGLICARESA

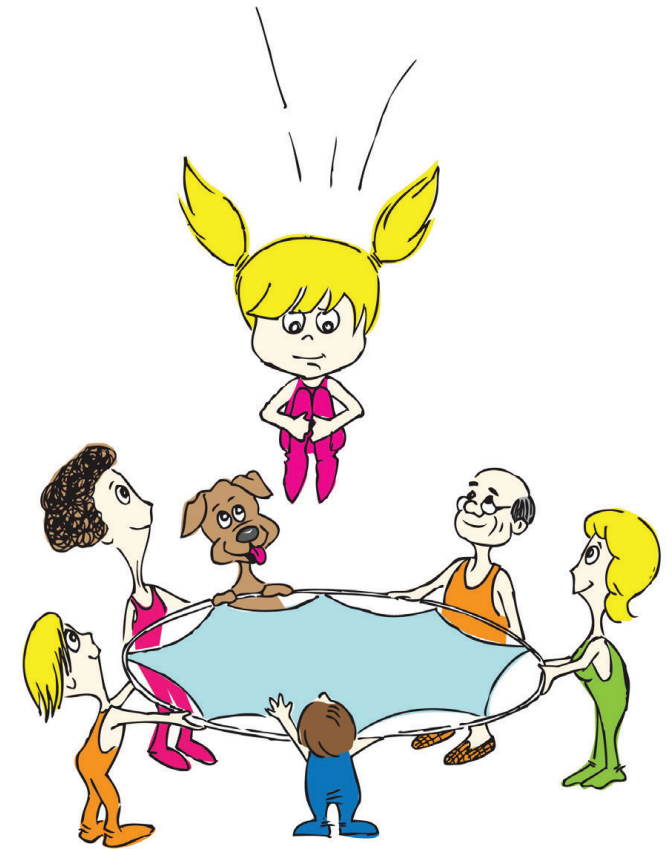
82 Gilbert St
Adelaide, SA 5000
Office hours:
Monday to Friday 8.30am to 4.30pm

Phone 8301 4201
kidsarefirst@anglicaresa.com.au
anglicaresa.com.au



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

Supporting children and young people through family separation



Banana Splitz groups for children aged from five to 12 years

The Banana Splitz group program is full of fun activities to give children a safe and non-confrontational way to explore their family experiences.

The program is delivered by facilitators who use a variety of therapeutic techniques to help discussion and encourage growth, including games, stories, and craft.

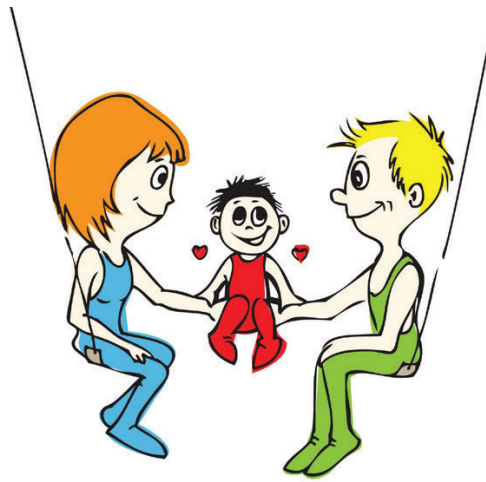
Sessions cover topics including:

- What's happened to my family?: introducing children to the topic and to each other
- Caught in the middle: parental relationships and what it is like living in two homes
- Sad days, bad days and glad days: learning healthy responses to feelings, and practicing coping strategies
- I am not alone: children talk about their worries and who to ask for help
- I am an amazing person: children learn how to succeed as a part of a team, and to acknowledge strengths in themselves and others
- Adjusting to a new future: recognising what the group has done, what families look like now, and the strengths of the children and their families.

Timing and location:

Groups meet for a two-hour session over six consecutive weeks during each school term. Please note that children must attend the first session to continue with the remainder of the program.

Banana Splitz group sessions are held at Central, Northern and Southern locations.



Making A Difference (MAD) groups for young people aged 13 to 17 years

MAD groups are 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.

Sessions include:

- the opportunity to share experiences with others who 'get it'
- coping strategies
- loss and grief feelings
- parental conflict: it's not your fault!
- useful services
- effective communication skills
- moving between two homes
- skills to promote future growth and development

Timing and location:

The MAD program is held after school on a weekday at a CBD location for four consecutive weeks during the school term (dates to be advised)

Community and school run programs

Banana Splitz and MAD can also be offered as a collaborative project with community centres and schools in metropolitan and regional South Australia. If you represent a school or community centre, please contact us for more information.

Confidentiality and feedback

All children and young people involved in these programs have the right to confidentiality, except where facilitators are required by law to report concerns about child abuse or safety through mandatory reporting.

The Courts cannot subpoena records relating to these programs, and we do not provide Court reports.

Information sharing and feedback from facilitators is offered to parents upon the completion of the Banana Splitz or MAD programs via a feedback session.

At times this may lead into individualised short-term support for families.

