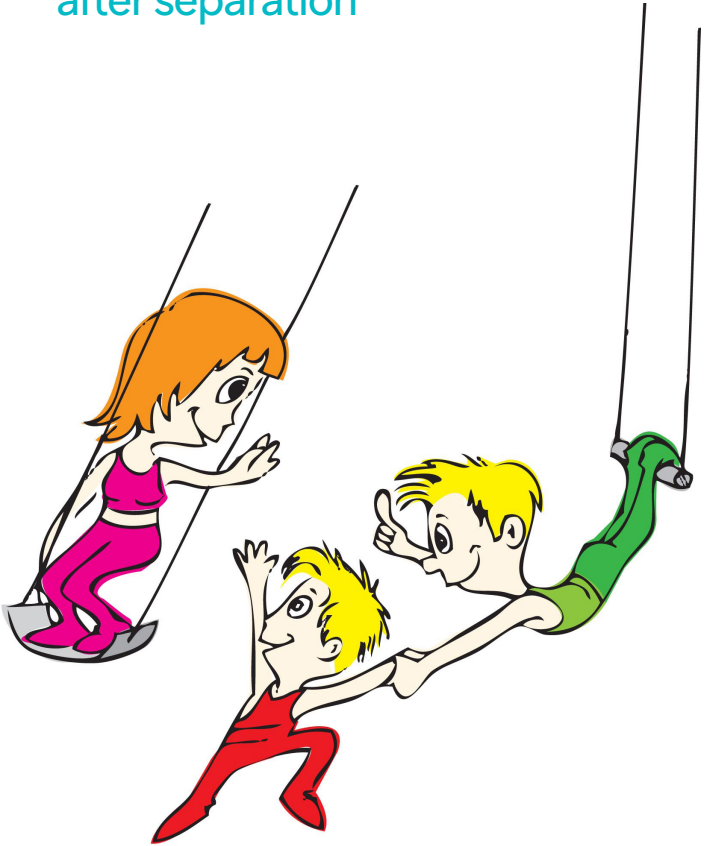


ANGLICARESA

KidsAreFirst

For parents and children
after separation



Together we change lives.

KidsAreFirst

KidsAreFirst is a support program for separated families, especially those who are facing ongoing conflict. Our service aims to support you in adjusting to and managing living in a separated family, to improve your and your family's wellbeing.

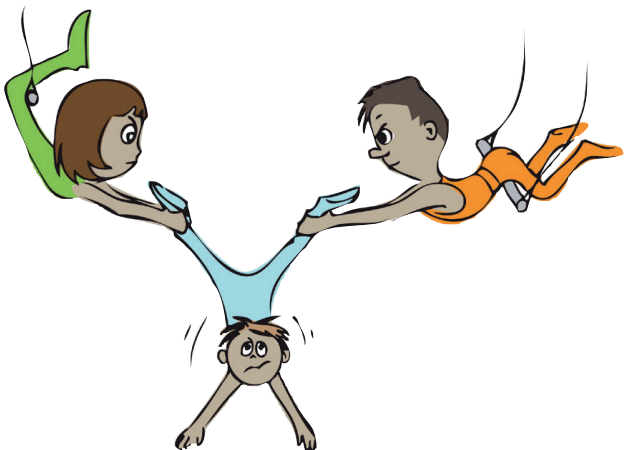
Is this program suitable for me?

KidsAreFirst can help you if you:

- want the best for your children and would like to develop effective strategies to support their adjustment to the separation
- are struggling with the many challenges associated with the separation and interacting with the other parent
- are seeking alternatives to court action
- where possible, want to develop a positive, child-focused, co-parenting relationship.

The program is also available for extended family members and new partners who:

- play key roles in the separation experience for the children
- actively support a separated parent



Banana Splitz and Making a Difference (MAD)

Banana Splitz and MAD groups are for children and young people whose parents or caregivers have separated. The groups give them an opportunity to:

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

In a fun and supportive environment, children and young people can connect with others who are going through similar experiences and gain new skills to manage family changes.

KidsAreFirst program format:

Once you have registered, the program begins with an individual conversation between you and a case manager. This conversation takes approximately one to one and half hours.

You will then be registered for our online program which runs for around one hour.

Following this you will meet for four, two-hour group sessions, available at various times in Central, Northern and Southern locations.

When you have completed the program, we also offer family dispute resolution support, which can include child-inclusive mediation, ongoing individual support and limited counselling for children.

How do I register?

To get started you must contact the program personally to register.

Contact KidsAreFirst by:

Phone: **8301 4201** or

Email: **kidsarefirst@anglicaresa.com.au**

In some circumstances, support workers can assist with this. Fees for the program are \$50, or \$20 with concession, and fee waivers are available.

ANGLICARESA

82 Gilbert Street
Adelaide SA 5000

Office hours

Monday to Friday 8.30am to 4.30pm

www.anglicaresa.com.au



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