

# parenting *... after separation*



Help for separated  
parents to stay focused  
on their children's needs

Email [care@accare.org.au](mailto:care@accare.org.au)  
[www.accare.org.au](http://www.accare.org.au)



## ac.care

opportunities for life ... for rural people

“ I didn't realise *the effect* our arguing,  
or not talking *had* on our kids.  
Now I can separate my parent issues  
from my partner issues. ”

## Parenting after Separation

- Learn about the effects of separation and conflict on children
- Find out how to reduce conflict and improve communication
- Attend separately and receive individual support
- Attend an information session with other parents who share similar experiences
- Learn the importance of taking care of yourself, in order to best care for your child/ren
- Be treated with respect and know that information is kept confidential
- Receive legal information provided by the South East Community Legal Service

Parenting after Separation is available  
in the South East Region of South Australia

**My information session is:**

**ac.care**

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**1800 880 913**

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