

# Frequently Asked Questions: Parenting After Separation

## What is the purpose of this program?

The program is designed to support separated parents to co-parent effectively, as well as helping parents and children to successfully adjust to separation and navigate any associated conflict.

## How long is the program and is it offered face-to-face or online?

This program is delivered in three different learning options:

1. Face-to-face full-day intensive program delivered at one of Relationship Matters' office locations (usually 10.00am – 4.30pm).
2. Online group learning via Zoom (2 x 3-hour sessions over two days - a week apart), OR
3. Online self-guided program – complete six modules in your own time via our Online Learning Centre followed by a 2-hour Virtual Classroom held via Zoom.

## How many participants are in each group?

Face-to-face groups are capped at 8 participants depending on the venue location, online group learning is capped at 8 participants, and the Virtual Classroom sessions for the self-guided option is capped at 10 participants.

## What topics are covered?

This program explores a variety of topics that help parents to support themselves and their children with coming to terms with the gains and losses of separation, understanding different parenting/co-parenting styles, strategies to resolve conflict and improve communication with your co-parent, importance of keeping focus and shielding children from conflict and developing strategies to improve and maintain self-care for you and your family.

## Who can attend?

This course is open to parents currently experiencing separation.

## What equipment is required for the online delivery of the program?

Participants need to have access to a device such as a laptop/computer or tablet, stable internet connection, and be able to have privacy for the duration of the session (no children or other adults in the same room, and participants should use headphones). Smartphones are not recommended as the screens are too small to adequately see the slides, facilitator, and other participants.

### How do the sessions work?

The sessions will be a combination of presentations via PowerPoint, online videos, group discussions and skills practice. Participants will be encouraged to practice skills in-between sessions, and report back to the group. For the self-guided program delivery, participants will be provided with access to the Online Learning Centre to complete six modules over four weeks in their own time. Upon completion of the modules, participants will sign themselves up for a 2-hour Virtual Classroom to be held online via Zoom in a group setting.

### Are participants expected to discuss personal issues?

Participants are expected to participate in group discussions and skills practice, but they only share what they feel comfortable with. We set group agreements at the start of the program to ensure participants feel safe to open-up and that they are given a confidential and respectful space in which to do so.

### How do you enrol?

Participants can enrol via our website or by contacting us on 1300 543 396. All participants are required to attend an intake appointment prior to the program start date to ensure this is the correct program for their needs, are appropriately supported and to answer any questions about the program.

During the intake assessment, the participant will be asked a series of questions about their current circumstances, which they are expected to answer to ensure their suitability for the program. Intake appointments are conducted by phone with the program facilitator or with one of our counsellors (depending on availability) and are for 45-60 mins.

### Do you get a certificate at the end?

Yes. Participants will receive a completion certificate upon meeting program requirements. For the three program delivery options, this entails:

- Face-to-face: Attending the all-day, in-person sessions at one of our sites.
- Online Group Learning: Attending 2 x 3-hour sessions for the chosen group. We do not offer make-up sessions if a session is missed, and participants will need to re-start the program to meet compliance requirements. If a session is missed due to illness, participants will need to supply a medical certificate for the program fee to be waived when joining a new group.
- Online Self-Guided: Complete all six modules within the four-week period and attend a 2-hour Virtual Classroom held online via Zoom. If participants require further time to complete the modules and attend a Virtual Classroom, extensions may be granted under special consideration.

### Does Relationship Matters provide a report for court at the end?

No. Participants may provide a copy of their Certificate, but we do not provide any other information on participation.

## Parenting After Separation FAQs

### What is the cost of the program?

The cost of this program is \$150 per participant (no concession rates available for this program). Participants who are experiencing financial hardship should discuss fee options with the Relationship Learning Coordinator by phoning us on 1300 543 396 or sending an email to [contact@relationshipmatters.com.au](mailto:contact@relationshipmatters.com.au)

### For more information visit:

<https://relationshipmatters.com.au/programs/parenting-after-separation/>