

Helping separated
parents have strong,
healthy relationships
with kids.



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Aboriginal Building Connections supports parents, grandparents, carers, and extended family members in helping children navigate and cope during their parents' separation.

A **FREE**, culturally inclusive education session.

In this session you will learn:

- How family separation and unresolved conflict affects children
- How to be supportive of your child's relationship with the other parent
- Skills to manage difficult emotions and how to support your children to do the same
- Identifying healthy and unhealthy parenting behaviours and respond positively
- How to build healthy relationships with your child post-separation
- Positive habits for your wellbeing

For further information, please contact

Relationships Australia – Northern Territory

 1300 458 600 or

 nt.relationships.org.au

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