



CatholicCare
Social Services

We're with you.

Separated Parents Are Raising Kids

Sometimes we all need a little extra help. Our 'SPARK' program is designed for parents post-separation who are faced with the everyday challenges of raising kids.

We understand this can be a stressful situation for everyone. Whether you have been court ordered to attend a parenting course or simply wanting to enhance your parenting skills, we are here to help you improve your situation.

Our program is aimed at individuals and families and is designed to equip you with skills and resources to help you and the other parent to navigate this difficult time and achieve a harmonious and nurturing environment for you and your children.

Parents can choose to attend individual sessions or all 6 sessions to complete the entire SPARK program. Each module runs over the duration of a month with two hour sessions rotated each Tuesday and Wednesday. Our program is offered on an ongoing basis, so modules can be started in any order, at any stage.

Our program covers 6 modules:

- 1. Conflict Management:** Strategies for resolving conflict and understanding the impact of conflict on your children.
 - 2. Communication Skills:** Strategies for planning how to communicate, respond and put forward proposals.
 - 3. Impact of Conflict:** Exploring the psychological effects of conflict, the stress it brings and the effect of the past on the future.
 - 4. Emotional Resolution:** Dealing with frustration, understanding how the mind works and the importance of self-care.
 - 5. Understanding the Family Law System:** Understanding the process and intent of Family Court, mediation and tips for preparing parenting plans.
 - 6. Attachment and Development:** Understanding developmental phases for children, tips for strengthening the attachment with your child.
- BONUS – Blended Families:** Understanding how you can build a strong relationship with a new partner and the challenges blended families can bring.

If you are going through the court process, we provide certificates for the completion of each course as well as at the end of the program.

About CatholicCare

Empowering individuals, families and communities to overcome the challenges of life.

As the social services agency of the Catholic Diocese of Toowoomba, CatholicCare provides a range of services to promote individual, family and community wellbeing throughout the Darling Downs and South West Queensland.

➡ Like to know more?

If you are considering this program and keen to learn more about what's involved, please call 1300 477 433.

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