



# Surviving Separation

Are you in conflict with the other parent?

Would you like to:  
Better manage your parenting arrangements?  
Learn how to best support your children  
through separation?

- Learn ways to better deal with your emotions and theirs?
- Build communication skills for the future, for yourself and your children?

Come along, learn some skills to resolve conflict and and chat with other parents about the best ways to co-parent

## PARENTZONE

**When:**

Wednesdays 21/07 to 08/09 inclusive  
(eight evening sessions)

**Time:**

7.00pm - 9.30pm

**Where:**

Central Ringwood Community Centre  
Bedford Park, Rosewarne Ln, Ringwood

**Who:**

Parents In The Eastern Regions of  
Melbourne

**Cost:**

Free (Bookings are essential)

**Bookings or Questions:**

Julia at Parentzone  
9721 3629 or 0400 866 495