

Kids In Focus – Parenting after Separation information session

Nowra Family Relationship Centre conducts a Kids in Focus session approximately once a week at the Nowra centre, usually alternating between a Wednesday morning (10.30am – 12.30pm) and a Wednesday evening (6 - 8pm). A Kids in Focus group is also held in Ulladulla, Moruya and Bega as required.

Whilst these sessions are an integral part of the process for Family Relationship Centre clients undergoing joint family dispute resolution, other interested adults are more than welcome to attend.

These free sessions aim to talk about the ongoing effect of parental conflict on children, in order to engage parents in trying to create a parenting relationship and parenting arrangement that are in the best interests of the children. When participants in these sessions have been asked what they have found useful the following comments have been given:

"To realise I am not the only one to go through this experience and that it is normal to feel how I am feeling and I am on the right track"

"Listening to others starting to think about how to fix our problems with the kid's best interest in mind"

"Explanation and handouts, hearing other people with similar problems"

To register interest in attending a session please call the Family Relationship Centre on 4429 1400.