

Supporting Children After Separation

A counselling service for children and young people who have experienced parental separation.

Separation can be a difficult time for family members and children. We offer support to children and young people to work through their feelings, offer a space to share their experiences and an opportunity to learn new ways to cope.

STEP 1 Getting to know your child through you

We offer the opportunity to meet with a counsellor in person or via phone to have a conversation about your children and how they are dealing with the separation.

STEP 2 Getting to know your child

A meet and greet session with the counsellor and children to hear about their worries, hopes and dreams.

STEP 3 Just for children

After meeting with the children, a decision is made for them to either attend individual sessions or join the Building Resilience in Children group.

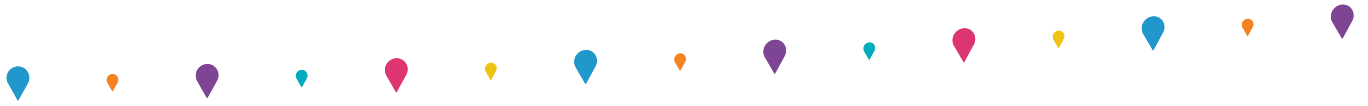
Each child is unique and has different needs.

Confidentiality

All our sessions with children are private and confidential. We are unable to release information, however if the Practitioner has any safety concerns this can be shared.

We recognise the importance of parents in a child's life and work with them to support children through the transition. Parental separation can be a difficult and emotional time for children. Providing children a safe confidential space allows the opportunity for them to discuss and process their feelings with the counsellor.

For more info, please refer to the Anglicare WA website or see our 'Confidentiality and Children' info sheet.



Feedback from children

'I have new skills to cope better with the separation/divorce and hope I can use them in future.'

'It was good to have someone to talk to.'

'I want to have my say even if it can't happen.'

Feedback from parents

'My kids love coming to group and it has helped them deal with challenges that come with separation.'

'My son has developed the ability to open up and discuss his feelings. I feel this has been a very positive opportunity for him.'

'My son has developed coping techniques and life skills which he can carry with him as he matures.'

'Being able to talk to someone outside the family has been good for my daughter.'

'It was good my children had the opportunity to be with other kids in a group who were experiencing the same issues as them.'

Contact us

Metro services
1300 11 44 46

[info@
anglicarewa.org.au](mailto:info@anglicarewa.org.au)

East Perth
23 Adelaide Tce

Albany
St John's Centre
44 Collie St
T 08 9845 6666

Gosnells
Gosnells Community
Lotteries House
Suite 9, 1st Flr
Cnr Astley St & Albany Hwy

Broome
2 Weld St
T 08 9193 8100

Joondalup
Sanori House
Suite 9, 1st Floor
126 Grand Blvd

Bunbury
1/67 Spencer St
T 08 9720 9200

Mandurah
2/331 Pinjarra Rd

anglicarewa.org.au

