

Confidentiality

Parents kindly note all our sessions with your children are private and confidential. We are unable to release information to you, however please be assured that the practitioner will share any safety concerns relating to your child(ren) with you.

We recognise your importance in your child's life and will work with you on how you can continue to support your child(ren) through this 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 information on children and confidentiality please refer to the Anglicare WA website or ask to see our information sheet.

For more information contact us
1300 11 44 46
info@anglicarewa.org.au



Australian Government



anglicarewa.org.au
[@anglicarewa](https://www.instagram.com/anglicarewa)



Supporting Children After Separation



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



Supporting Children After Separation Program

Separation can be a difficult time for family members and children. The program offers 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

You will be offered the opportunity to meet with a counsellor in person or via phone to have a conversation about your child(ren) and how they are dealing with the separation.

"I hope everyone can get this service as it has opened my eyes to a new outlook on things. Thank you very much for all the help." *Parent*



STEP 2 Getting to know your child

A meet and greet session with the counsellor and your child(ren) to hear about their worries, hopes and dreams.

"If I had a magic wand I would remember everything to bring when I change houses" *Child*



STEP 3 Just for children

After meeting with your child(ren), a decision is made for them to either attend individual sessions or join the Building Resilience in Children group (BRICs). Each child is unique and has different needs.

"It was fun and I liked my friends" *Child*



"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"

Feedback from children

"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"