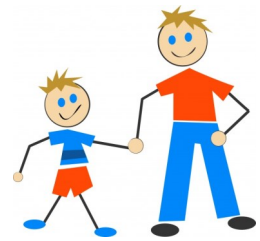




...making a difference...

Richmond Community Services Inc. is pleased to offer



Growing Up Through Separation[©]

A FREE 6 week ongoing group
for kids aged 7–12 years
who have experienced the breakdown of
the parental relationship.

This 6 week group is for children aged 7-12 years at primary school who are needing support with adjusting to parental separation.

Through activities and games in a supportive environment the children will build resilience as they learn how to:

- Identify and use personal strengths to cope with change
 - Maintain self esteem through change
 - Express grief and strong emotion in healthy ways
 - Communicate their needs effectively
- Navigate realities of new homes and step parents/siblings
 - Identify support networks

After school drinks and snacks included.

TUESDAYS for 6 weeks - , 3.30pm-5pm

5th, 12th, 19th & 26th March, 2nd April & 9th April 2019

BOOKINGS ESSENTIAL Call 02 4588 3502

or email: admin@rcsi.ngo.org.au

Will be held at;

Richmond Community Services Inc.

The Neighbourhood Centre,

20 West Market St, Richmond, NSW 2753

