



# Navigating Separation & Co-Parenting Program

**FREE** in person 6-week parenting after separation program

Navigating Separation assists parents/carers adjusting to separation, improving co-parenting communication, and supporting their children post-separation.

## You will learn about:

- Separation and Grief
- Post-Separation Conflict
- Co-parenting Communication
- Changes & Moving Forward
- Focusing on the Children
- Coping and Self-Care

**Where:** 25 Gordon Ave (Geelong West)

**Cost:** Free

**Ongoing starting dates throughout the year**

For enrolment or more information, please email:

[navigatingseparation@meli.org.au](mailto:navigatingseparation@meli.org.au)  
or call (03) 5226 8900

Participants will receive a certificate of completion if attendance requirements are met. This certificate may be used as supporting documentation in family mediation, dispute resolution, or Family Law proceedings.