

REGISTRATION FORM

Please detach and return to Centacare

Child's Surname: _____

Child's Given Name: _____

Date of Birth: _____ Age: _____

School Attended: _____ Year: _____

Who will be the attending adult (specify relationship)

Address: _____

_____ Post Code: _____

Phone: (H) _____ (W) _____

Please circle program for enrolment:

CF1 CF2 CF3 CF4

Referred by (please circle):

Brochure/flyer Centacare Counsellor CYMHS
Community Organisation Family Court Friend
Health Professionals Relationships Australia (Qld)
Schools Solicitor Television/Radio/Newspaper

Cost: \$95 for one child - \$75 for each additional child

Concession available (e.g. Health Care Card)
Please phone Centacare. Concession payment

I wish to pay \$_____ by:

Cheque Money Order Bankcard

Visa MasterCard

Credit Card Expiry Date: _____

Credit Card No: _____

Cardholder's Name: _____

Signature: _____

DATES & VENUES

Centacare Catholic Family and Community Services

**58 Morgan Street
FORTITUDE VALLEY QLD 4006**

Recommended that family separation has occurred at least 6 months prior to doing course.

CF1 - April/May 2010

Time: 4.00 p.m. - 6.00 p.m.
Dates: Tuesdays - April 27, May 4, 11, 18, 25
June 1.

CF2 - July 2010

Time: 9.30 a.m. - 11.30 a.m.
Dates: Daily - July 5, 6, 7, 8 & 9.

CF3 - August/September 2010

Time: 4.00 p.m. - 6.00 p.m.
Dates: Tuesday - August 3, 10, 17, 24, 31,
September 7.

CF4 - October/November 2010

Time: 4.00 p.m. - 6.00 p.m.
Dates: Tuesdays - October 12, 19, 26
November 2, 9 & 16.

Ph: 3252 4371 Fax: 3854 1246

Email: cfcs@centacarebrisbane.net.au
Or visit: www.centacarebrisbane.net.au

Funded by



This program is supported by the Queensland Government Department of Communities and the Australian Government. Other support is provided by the Catholic Archdiocese of Brisbane and through fees and donations.

CHILDREN

FIRST

PROGRAM

2010



A program for
children aged
5-15 years who
have experienced
separation or
divorce in their
families

Children First

Children First is.....

- A program for children aged 5 - 15 years who are adjusting to family life after the separation or divorce of their parents.
- An educative peer support group program that is designed to help children come to a better understanding of the divorce or separation of their parents, and also to help them adjust and adapt to the significant changes in their family life.

There are 4 levels in the Program:

Level 1: 5 - 7 years



Level 2: 8 - 10 years

Level 3: 10 - 12 years



Level 4: 13 - 15 years

Participants work in small groups of up to 6 children with a trained facilitator.

How will my child benefit?

As a result of participating in the program, your child will:

- Understand they are not to blame
- Understand better their feelings about the situation
- Know that others experience similar feelings
- Have an opportunity to share with others who are in a similar situation
- Build up their confidence and self-esteem
- Learn communication and problem solving skills



What happens before the program?

Before the programme commences you and your child will be required to attend an interview with the Programme Coordinators to discuss suitability and any relevant issues.

Please note that registration for the program closes 10 days prior to the program commencing.

What happens during the Program?

Through a variety of creative activities, children will:

- Look at the changes that have taken place in their lives
- Explore their feelings in relation to their new situation
- Learn to express their feelings and communicate them appropriately

Whilst children are participating in their groups a support group is provided for the parents.

In this group, you will be encouraged to explore the dynamics of your relationship with your child and take responsibility for your part in any problematic behaviour. In a safe and supportive environment, you will learn how to communicate more effectively with your child and how to resolve conflict in more appropriate ways.

Children's Comments.....

- "I learnt that I am not the only one from a divorced family. Now I'm not afraid to talk about my feelings to others. I feel more confident."
- "I learnt how to let my parents know when I want to talk to them."
- "I learnt how to stay calm and that some people are just plain silly and there is nothing you can do about it."
- "I thought it was my fault and now I know it wasn't. I feel much better."

- "It's okay to feel sad."



Parent's Comments.....

- "He has lost a lot of his anger. His behaviour has improved out of sight."
- "Both my children benefited from the sharing of ideas and feelings, as I did in the Parents' Group."
- "I didn't know that I was hurting her so much by asking her to take messages to her mother. She actually said to me "How about you tell Mum these things yourself."

