

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:

Thursday Afternoons Holiday Program

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)
Payable on the first day of the program

As an expression of your interest, please
complete and return this form to Centacare:

Children First Project Officer

PO Box 289 Fortitude Valley QLD 4006

VENUE & DATES

Centacare Catholic Family &
Community Services
58 Morgan Street
Fortitude Valley QLD 4006
Ph: (07) 3252 4371

Family separation needs to have occurred
at least 6 months prior to doing course

Thursday Afternoon Program

April / May 2013

Time: 4.00 pm - 6.30 pm

Dates: Thursdays - April 11, 18, 25
May 2, 9

Holiday Program

June 2013

Time: 10.00 am - 12 noon

Dates: Monday-Friday
June 24-28

Holiday Program

September 2013

Time: 10.00 am - 12 noon

Dates: Monday-Friday
September 23-27

Funded by



This program is supported by the Queensland Government Department of Communities and the Australian Government Dept of Families, Housing, Community Services and Indigenous Affairs. Other support is provided by the Catholic Archdiocese of Brisbane and through fees and donations.



CHILDREN FIRST PROGRAM

2013



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.
- A fun, educative peer support group program that is designed to help children come to a better understanding of the separation or divorce 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 six children with a trained facilitator.

What are the aims of the program?

Children First aims to support children to:

- 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 program commences, you and your child will be required to attend an interview with the Program 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 about expressing their feelings and communicating them appropriately

What support is there for parents?

At the same time as the 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 their other parent. In a safe and supportive environment, you will learn about communicating and managing conflict with your child.

The other parent will be invited to attend an intake if they wish, as well as an information session so they have a good understanding of the program and how best to support their child. They will also have the option of attending a future parents' group should they wish.



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."



Parents' 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?"

