

Parenting Through Separation Programme

Parenting through Separation is a free parenting information programme will help you focus on your children when you're separating and support you to reach agreement on how you'll care for them.

This parenting information programme has helped thousands of families to deal with separation; by taking part you'll get practical advice about helping you and your children deal with separation. It will also help you plan how you'll care for your children after you've separated. The programme can also help grandparents and other wider family/whānau members work out a dispute about how children will be cared for.

Parenting Through Separation is the first step in most cases to support you to reach agreement on how you'll care for children during separation or when there are disputes. **Birthright Hawke's Bay Child & Family Care** is the Hawke's Bay Parenting through Separation provider for all the Hawke's Bay region from Wairoa to Waipukurau providing day and evening courses - please contact the office for registration and confirmation of course details on **06 8352-162** or **0800 457-146** and follow the prompts.

In general, it's best to take part as soon as you can. That's the feedback from those who've attended after being separated for some time. They say they wished they had taken part sooner as it helped them sort a lot of things out. Parenting Through Separation is designed for adults. Children can't attend.

Location	January	February	March	April	May	June	Times
Napier Day	N/A	3 rd	3 rd	7 th	5 th	2 nd	9.00am – 1.00pm
Napier Night	20 th & 27 th	3 rd & 10 th	3 rd & 10 th	7 th & 14 th	5 th & 12 th	2 nd & 9 th	6.00pm-8.00pm
Hastings Day	21 st	4 th	4 th	1 st	6 th	3 rd	9.00am – 1.00pm
Hastings Night	21 st & 28 th	4 th & 11 th	4 th & 11 th	1 st & 8 th	6 th & 13 th	3 rd & 10 th	6.00pm-8.00pm
Wairoa Day				23 rd - <u>Zoom</u>			9.00am – 1.00pm
Waipukurau Day		19 th - <u>Zoom</u>				18 th - <u>Zoom</u>	9.00am – 1.00pm

Support people

You may be able to bring a support person, such as family/whānau members or a new partner, if the presenter agrees. Just ask when you book your course.

You don't attend with your ex-partner

The programme is not designed for former couples to attend together.

Your provider will make sure you're not on the same course as your ex-partner.

If you have a different family name to your ex-partner, you should tell the provider when you book to make sure they don't book you and your ex-partner for the same sessions.

Safety concerns

If you or your children are victims of domestic violence, you should **seek help** immediately.

