

# 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		13 <sup>th</sup>	5 <sup>th</sup>	2 <sup>nd</sup>	7 <sup>th</sup>	4 <sup>th</sup>	9.00am – 1.00pm
Napier Night	16 <sup>th</sup> & 23 <sup>rd</sup>	13 <sup>th</sup> & 20 <sup>th</sup>	5 <sup>th</sup> & 12 <sup>th</sup>	2 <sup>nd</sup> & 9 <sup>th</sup>	7 <sup>th</sup> & 14 <sup>th</sup>	4 <sup>th</sup> & 11 <sup>th</sup>	6.00pm-8.00pm
Hastings Day	17 <sup>th</sup>	7 <sup>th</sup>	6 <sup>th</sup>	3 <sup>rd</sup>	1 <sup>st</sup>	5 <sup>th</sup>	9.00am – 1.00pm
Hastings Night		7 <sup>th</sup> & 14 <sup>th</sup>	6 <sup>th</sup> & 13 <sup>th</sup>	3 <sup>rd</sup> & 10 <sup>th</sup>	1 <sup>st</sup> & 8 <sup>th</sup>	5 <sup>th</sup> & 12 <sup>th</sup>	6.00pm-8.00pm
Wairoa Day		21 <sup>st</sup> Zoom			15 <sup>th</sup> Zoom		9.00am – 1.00pm
Waipukurau Day			20 <sup>th</sup> Zoom			19 <sup>th</sup> Zoom	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.

When you book, your provider will also try to contact your ex-partner to suggest they do the programme as well.

This will happen only if you give your permission. Tell the provider if you don't want your ex-partner to know you're taking part.

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 are worried about you or your children's safety because of **domestic violence**, you need to tell this to your provider when you book your sessions.

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



As a safety check, you may be asked to provide proof of your identity, such as your driver's licence or passport, when you book.

