Registration Form

Child's Surname:......................................................................................................................
Child's Given Name:......................................................................................................................
Date of Birth:.................................................................................................................................
Age:...............................................................................................................................................
School Attended:............................................................................................................................
Year:................................................................................................................................................
Who will be the attending adult? (specify relationship)
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Address:...........................................................................................................................................
..........................................................................................................................................................
Post Code:...........................................................................................................................................
Phone: (H)........................................................................................................................................
(W).....................................................................................................................................................
Program for enrolment (please tick ☑):
☐ Thursday Program
☐ Holiday Program
Referred by (please tick ☑):
☐ Brochure/flyer
☐ Counsellor
☐ CYMHS
☐ Community Organisation
☐ Family Court
☐ Friend
☐ Health Professionals
☐ Relationships Australia (Qld)
☐ Schools
☐ Solicitor
☐ Television/Radio/ Newspaper
☐ Other
Cost:
$25 for one child - $15 for each additional child
Concession available (e.g. Health Care Card)

To Enrol:
Please complete and return this form to Centacare at least one week prior to the commencement date:
Children First
PO Box 289
Fortitude Valley QLD 4006
Or Email cfrs.clientintake@bne.centacare.net.au

Our vision
Leading social change, strengthening families, supporting people and communities in the spirit of the Gospel

We value
• human dignity • respect for the individual
• justice and equality • working together
• interdependence and community
• transparency and accountability • diversity

Children First
Program 2014

A program for children aged 5-13 years who have experienced separation or divorce in their families

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

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

Printed on 100% recycled paper with soya-based ink.
Children First is...

- A program for children aged 5 – 13 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 3 levels in the program:

**Level 1:** 5 - 7 years

**Level 2:** 8 - 10 years

**Level 3:** 10 - 13 years

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

**What happens before the program?**

Before the program commences, you and your child will be required to attend an interview with the Program Coordinator to discuss suitability and any relevant issues.

Please note that registration for the program closes a week 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, individual counselling can be arranged for parents. Counselling after separation can assist you to explore the dynamics of your relationship with your child and their other parent in a safe and supportive environment.

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 counselling if they wish.

**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

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**Venue and Dates**

**Thursday Programs**

- Time: 4pm - 6pm
- Dates: Commences 8th May 2014 (5 weeks consecutively)

**School Holiday Programs**

- Time: 10.00 am - 12 noon
- Dates: Monday - Friday | July 7-11 2014
- Time: 10.00 am - 12 noon
- Dates: Monday - Friday | Sept 29 - 3rd Oct 2014

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**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.”

“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?”