

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)

Program for enrolment (please tick):

Thursday Program Holiday Program

Referred by (please tick):

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



Archdiocese of Brisbane
Member of Catholic Social Services Australia

www.centacarebrisbane.net.au

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



Queensland
Government



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Children First Program 2014



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



family & relationship services

community services

Venue and Dates

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

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

Children First

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

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?"