

Mums Surviving Separation

When newly separated, mothers face many challenges in their changing roles as separated mums. In a supportive space, we will assist you to make sense of your experience through the early stages of the separation process. The session will help you to identify choices to allow for a positive future for you and your family.

The evening will be an introduction to the following topics:

- Women's experiences of separation
- Managing change and loss
- A model to identify realistic choices in responding to the challenges
- Parenting solo and co-parenting
- A range of resources women can access

Where: WEST LEEDERVILLE - Level 1, 22 Southport Street

When: Wednesday 24 March 2021

Time: 6.30pm - 9.00pm

Cost: \$30 per person

Bookings are required. Please phone 6164 0200 to enrol.

For more information about our courses and workshops, please click [here](#) or visit www.relationshipswa.org.au

Relationships Australia.