

## Building Bridges



Plan for peace, not tug of war.

Co-Parenting after Separation seminar at Centrecare, 22a Dutton Arcade, 91 Dempster Street, Esperance

Are you going through separation and finding it difficult to co-parent?

Two-hour interactive, educational seminar for separated parents.

Building Bridges supports separated parents to focus on the best interests of their children and provides strategies for better managing conflict and maintaining a healthy co-parent alliance through effective communication and self-care.

## Dates for 2025

The dates and times for this seminar will be provided upon request.

Please contact Centrecare Esperance on the number below for more information.

## **REGISTRATION IS ESSENTIAL**

Call 9083 2600 to register and for more information.

