

**ReSource The Counselling Centre Ltd.  
Presents  
Psycho-educational Workshop on  
CO-PARENTING AFTER SEPARATION**

*“Our marriage is not working. But how do we tell Johnny that we are breaking up?”*

*“Would our divorce do damage to the kids? How could I minimize the damage?”*

*“My child has been having tantrums and not finishing his homework lately. I wonder if that’s because of our separation.”*

*“Our daughter wants us to get back together. But I don’t see how my wife and I could reconcile. What should I do?”*

*“Sometimes I feel frustrated with my ex and then I’d lose it with my boy. I know it’s not fair to him but I can’t seem to help it.”*

*“How can we maintain civil communications after the break up?”*

*“How do we make plans for the kids now that we are divorced?”*

**If you have one or more of the above thoughts and questions, this workshop may be for you.**

**TARGET AUDIENCE:** This workshop is for all separated or divorced individuals or couples who wish to maintain and develop healthy co-parenting of their children after separation, and also to learn how to work together with their separated spouses in raising their children.

**KEY CONTENT OF WORKSHOP:**

- *How to break the news of separation or divorce to your child*
- *How to do your parenting job while working on your personal pain and grief in the process of separation and divorce*
- *Signs of distress reaction of children and what you can do about them*
- *How to create a healthy co-parenting effort with your separated spouse*
- *How to build and maintain a relationship with your child after separation*
- *How to help children maintain relationships with extended families*

## ***Co-Parenting After Separation Workshop***

Presenters : Qualified and experienced Counsellors  
Venue : ReSource The Counselling Centre Ltd.  
23/F, Li Dong Building, 9 Li Yuen Street East, Central, HK  
Date : Please choose one of the following sessions:  
19<sup>th</sup> November, 2011 (Sat); or  
3<sup>rd</sup> December, 2011 (Sat)  
Time : 10:00 a.m. ~ 12:00 noon (2 hours)  
Language : English Presentation  
Fee : \$300 per session per person  
No. of Participants : Maximum 8 persons  
Enquiries : 2523-8979 ReSource The Counselling Centre Ltd.  
Ask for Counsellor Alice Yu.

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### **Registration Form**

Please circle or tick the choices :

NAME : *Mr/Mrs/Ms/Miss* \_\_\_\_\_ AGE : \_\_\_\_\_

RESIDENTIAL ADDRESS : \_\_\_\_\_

TEL: (*Home*) \_\_\_\_\_ (*Work*) \_\_\_\_\_ (*Mobile*) \_\_\_\_\_

MARITAL STATUS :  *Married*  *Single*  *Living Together*  *Separated*  *Divorced*  *Widowed*

NATIONALITY : \_\_\_\_\_ OCCUPATION : \_\_\_\_\_

EDUCATION LEVEL :  *Primary*  *Secondary*  *University*  *Post-graduate*  *Others* \_\_\_\_\_

HOW MANY CHILDREN : ? \_\_\_\_\_ AGE/S ? \_\_\_\_\_

Please choose one date : 19<sup>th</sup> November, 2011 (Sat);  or 3<sup>rd</sup> December, 2011 (Sat)

Please call to make advance booking and return the completed form with cheque payable to  
“**ReSource The Counselling Centre Ltd**” by mail or in person in advance.

NOTE : Our Centre has the right to cancel or reschedule the workshops.

Except in situations of cancellations or reschedule of workshops by our Centre,  
fees are 100% non-refundable.