



Rollercoasters

Rollercoasters for 8-12 years and teenagers is a program developed to assist children who are experiencing the change involved with parental separation, divorce, or parents who have re-partnered.

Rollercoasters helps children and teens to understand their feelings in relation to parental separation and to discuss their loss. The group assists children and teens to develop coping strategies, problem solving skills and anger management skills.

Themes explored through Rollercoasters:

A Rollercoaster of Change	Explores common dynamics of change.
Why Change Happens	Focuses on diminishing self blame, acknowledging the permanency of divorce, decreasing misconceptions regarding the children's role.
Change means Loss	Developing awareness of grief feelings and acknowledging a sense of loss.
A Rollercoaster of Feelings	Developing awareness of a range of feelings, recognising feelings during life changes, looking at new ways to handle emotions.
Managing Anger	Learning factors which produce anger and develop strategies to help.
Handling Turbulence	Exploring problem solving skills, how to get out of the middle and what is fixable and unfixable.
More Change is Coming	Learning to understand that change is inevitable, and learn how to develop realistic hopes for the future.
What I have Learnt	Clarifying choices, reviewing and reinforcing core messages as well as talking about where to go to get more help.

To register your child call **4227 1122**
 For more info go to www.catholiccare.dow.org.au

CatholicCare's Family Services program funded by the Australian Government

Concessions may apply dependent on financial circumstances



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