

## Keeping Contact Fact Sheet

### Stages of the Keeping Contact Program

#### Stage 1: Talking with your kids workshop

**Talking with Your Kids** is a three hour information workshop for separating or divorced parents. The enclosed brochure (**Talking with Your Kids**) provides an outline of the course. You and your children's other parent will attend separate workshops. You will be provided with a certificate of attendance after attending **Talking with Your Kids**.

#### Stage 2: Initial appointments

##### A Meeting with you:

A Keeping Contact Consultant will meet with you to discuss your concerns, any questions you might have and how you think your children are going. The Consultant will also meet separately with the children's other parent.

##### A Meeting with your child/children:

A Child Consultant will then meet with your children and listen for their experience, concerns and needs.

##### Hearing from the Child Consultant:

Taking into account their meetings with your children, the Child Consultant will provide you with feedback about your children's experience, concerns and needs. In effect you will be provided with information for you to utilize to assist your children to avoid the pain and distress of ongoing conflict between their parents. The Consultant may make specific recommendations to assist you both to do this.

##### Planning Meeting:

After hearing from the Child Consultant who met with your children, you attend a Planning Meeting to discuss a plan of action. The plan of action focuses on changes that will make a positive difference for your children and yourself.

#### Stage 3: Further appointments with your consultant (making the plan of action work for you and your children)

At the Planning Meeting further appointments will be arranged with you. In these ongoing appointments your consultant will assist you make the changes for your child/children discussed in the Planning Meeting.

##### Connect Kids and Connect Parents Groups

If you have children aged 6 to 12, you will at some point in your involvement of the program be notified about the schedule for the [Connect Kids group sessions](#) your children will be expected to attend. These groups are meant to help kids adjust to some of the difficulties of separation and divorce. While children are in the group, fathers and mothers who bring the child to the sessions will be involved in a parent group meant to help them learn about and reinforce what their kids are experiencing in the group. A second cluster of [parent group sessions](#) will be held at separate times for mothers and fathers other than the ones who bring the children to the group sessions. Connect Kids is a free service.