

My Changing Family and Me

A group to support children and their
parents through separation

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- Program structure
- Program content
- Group aims
- The research

A lot of work goes into this group

- WEEK 1: ME AND MY FAMILY
- WEEK 2: SELF ESTEEM
- WEEK 3: DEALING WITH FEELINGS - SAFE ANGER STRATS
- WEEK 4: RELATIONSHIP SKILLS
- WEEK 5: MORE ABOUT FEELINGS – MANAGING MY FEARS
- WEEK 6: CELEBRATION

Why Bother?

Really happy to be here with everyone.

All the activities were really fun,

We learned lots of things of course, there is no doubt,

I loved talking to others & letting it all out.

Its sad I have to leave 'cause I liked it here, and I will never forget it.
Year after year!

BY Emily
Age 11 2012

'Parents' Concerns Questionnaire©' (Matthey, S. & White, A. (2002).
The Parents' Concerns Questionnaire-v1. South West Sydney Area
Health Service, Sydney Australia)

- 11 families
- 15 kids aged 5-12 years old (8 boys 7 girls)
- 22 parents (11 men 11 women, heterosexual relationships, white Anglo Saxon Australians)

20 parents completed pre group parent evaluations.

7 parents completed post group parent evaluations. Expecting *12 more from the current group.*

6 parents completed both questionnaires. Again, we are expecting *12 more from the current group.*

‘Workers Observation Tool’ (2005, Families First
Nepean Outcomes (community development
programs))

Why Bother?

We would like to thank all the parents and children who were a part of the program over the past 6 months

For more information please contact us at claudias@ransw.org.au or 02 8874 8000