



**Marymead  
CatholicCare**

CANBERRA & GOULBURN



## **ARCK - Post-Separation Support for Parents**

**Therapeutic support for parents experiencing separation and divorce.**

**ARCK** is a Parenting Orders Program, designed to support separated parents who are experiencing high conflict regarding the parenting of their children post-separation.

The program is suitable for parents wanting to strengthen relationships with their children, develop effective strategies to manage emotions, and reduce conflict.

**ARCK** consists of four components:

- **Screening Session**
- **Parenting Seminar**
- **6-12 Individual Counselling Sessions**
- **Parents not Partners (PnP) 6-week Group Program**

Co-contribution fees apply; concession and fee waivers available – no explanation required.

To register or make a referral, please contact Intake on **6162 6100** or email [intake@mccg.org.au](mailto:intake@mccg.org.au).

For more information on ARCK, visit our website or scan the QR Code.

*Available in the ACT and Moruya, NSW.*

**\*ARCK - Assisting Responsible Care of Kids**



**6162 6100**

**mccg.org.au**



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## **KAYAKS\* – Post-Separation Support for Children**

**Therapeutic support for children and young people aged 6 to 18 years who have experienced family separation.**

### **KAYAKS**

Suitable for children and young people wanting to navigate the challenges of family separation. Includes 6–12 counselling sessions for the child, parent feedback sessions, and a parenting seminar.

*Available in the ACT and Moruya, NSW*

### **KAYAKS Intensive**

Suitable for children and young people from separated families affected by, or exposed to, family and domestic violence, and require longer-term, intensive therapeutic support.

#### **We offer:**

- Individual Sessions - Includes up to 15 counselling sessions and parent feedback sessions
- Group Program - An 8-week group program delivered during the school term

*Available in the ACT only.*

Consent required from both parents, but exceptions may apply. Please contact us to discuss.

Co-contribution fees apply; concession and fee waivers available – no explanation required.

For more information on KAYAKS, visit our website or scan the QR Code.

**\*KAYAKS – Kids and Youth Are Kool Post-Separation**

To register or make a referral, please contact  
Intake at [intake@mccg.org.au](mailto:intake@mccg.org.au)



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