

# My Kids and Me.

## Strengthening relationships with kids in care

### Parents who have had a child removed from their care

The jumble of emotions and processes involved when having a child removed from your care can be hard to understand, manage and navigate. Join us in a safe, supportive environment, to discuss and reflect on these challenges and learn strategies to strengthen the relationship with your child.

### What will I learn?

- Understand the loss and grief experienced through this process
- Increase your understanding of the legal system and communicating with services
- Understand your parenting identity and how to strengthen the relationship with your child

Funded by the Australian Government Department of Social Services. Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.

## For more information or to make a booking

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