



# KIDS SPACE

## Children's Therapeutic Group Work

Limited Spaces  
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### What is Kids Space?

Parents' separation and divorce can be a time of change and transition for everyone. It may lead to some children feeling a range of difficult emotions and a sense of unsettledness. Kids Space is a therapeutic group for children, facilitated by family counsellors. It is a safe place for children to be able to meet with others, share their emotions, thoughts and experiences and learn new ways of self-expression and emotional regulation.

### How Kids Space works

The children share an afternoon tea and then participate in a range of activities including playing games, creating art, read stories and puppet play with the aim to process grief and family changes; and gain self-regulation and coping strategies that will benefit them at home, school and socially.

### When and who is Kids Space for?

FRIDAYS between 3:30 -4:45pm  
During school term  
Duration of 4 weeks  
Children aged 5-12 years

### Friday Dates: Term 3, 2022

Week 1 – 29/07/2022  
Week 2 – 05/08/2022  
Week 3 – 12/08/2022  
Week 4 – 19/08/2022

### How to access Kids Space?

Referrals can be made directly to CatholicCare NT on 8944 2000. A family therapist will contact both parents to arrange a time to meet individually to discuss their child's needs and current coping styles. The Practitioner, with permission from both parents, will then meet with the child/ren to discuss the group. Further details regarding the group will be provided on referral.

### Where is Kids Space?

CatholicCare NT - 17 Hidden Valley Road, Berrimah NT 0828