

## About the FRC

Family Relationships Centres (**FRC**) provide information and services for those experiencing **separation** / overcoming relationship and **parenting difficulties**.

The **FRC** focuses on **children's needs** and helps parents decide what to do after separation. **FRCs** provide joint sessions with parents or family members to reach agreement on parenting arrangements **outside the Court system**.

Our centres are staffed with experienced and qualified professionals who provide high quality, **impartial** and **confidential** services for those seeking support.



## Contact Us

**1300 783 544**

### FRC Rockhampton

16 Bolsover St.

PO Box 819, Rockhampton Q 4700

E: [frcockhampton@catholiccarecq.com](mailto:frcockhampton@catholiccarecq.com)

### FRC Mackay

58 Sydney St.

PO Box 819, Rockhampton Q 4700

E: [frcmackay@catholiccarecq.com](mailto:frcmackay@catholiccarecq.com)

### Opening hours

Monday to Friday

9am - 5pm

### Visit:

[www.catholiccarecq.com](http://www.catholiccarecq.com)

### Further Information:

Family Relationship Advice Line

**1800 050 321**



## Family Dispute Resolution



An Australian Government Initiative

## Family Dispute Resolution

Family Dispute Resolution (**FDR**) is a service to help couples affected by separation and divorce resolve family disputes. FDR can help you to agree on a range of issues relating to your children, property, and money.

FDR is based on a **cooperative agreement** between two disputing parties.

We can assist you to work through the issues in dispute and help to develop a comprehensive and **cooperative parenting** plan that underpins your shared responsibility in raising your children.

**Family Dispute Resolution is a voluntary, four-stage process:**

- Intake and assessment
- Child-In-Focus session & pre-mediation preparation
- Family Dispute Resolution
- Post-FDR follow-up

**Please note:** the safety and well-being of both client and FRC staff is a priority at all times. The FDR practitioner will cease a service if either party or the practitioner believes personal safety is at risk.

## Post-Separation Conflict

Engaging in **Family Dispute Resolution** and developing a cooperative Parenting Plan will help to **minimise the conflict** experienced by children.

Separation and divorce is a time of heightened emotion for all parties. Individuals may experience a sense of **loss, confusion, sadness** and **anger**, which may lead to increased stress, **depression** and **anxiety**. These emotions may cause conflict between parents and shift focus away from the child, impeding arrangements for shared parenting. Children exposed to inter-parental conflict (directly or indirectly) can experience **serious negative consequences** in their development.

Separation **does not** mean conflict has to be present. Children don't have to miss out on **nurturing** and **meaningful** relationships with **both parents**. FDR puts the child's needs first and helps both parties reach agreement.

## Cooperative Parenting Plans

A well developed Parenting Plan focuses on the child/children's needs and is reviewed as their needs change.

**Parents who manage their conflict:**

- Work through their emotions about being separated
- Do not get stuck in disbelief, rage, rejection or grief
- Find a safe outlet for their emotions
- Focus equally on their needs and the needs of their children
- Move beyond resentment and revenge
- Look at solutions
- Get good advice from friends, relatives or professionals
- Don't use violence

