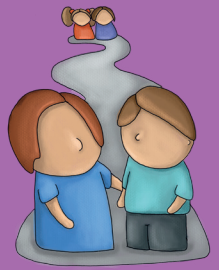


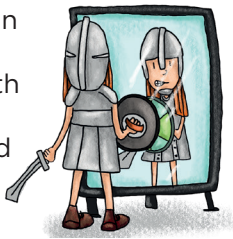
HOW TO GET MY KIDS BACK

PARENT PEER SUPPORT PROJECT



Work on Yourself Talk to Parents That Have Been Through This

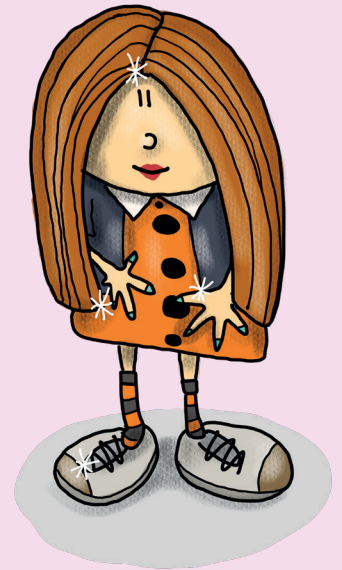
The first battle you need to engage in is the battle with yourself - not with the system - acknowledge and accept that you have changes to make in your life.



Create a life and a home for your child to come home.



You might need to find different accommodation- there are services that can help you with this.



Work on yourself - what could make you a better parent, how can you increase the safety of your child and importantly how can you improve your own well being.



Find a service that can help you with addiction - drugs, alcohol, gambling or whatever

Find a counsellor that suits you and work hard with them to address emotional and psychological issues



Keep a diary / record of all the work you have done, programs you have attended and progress you have made.

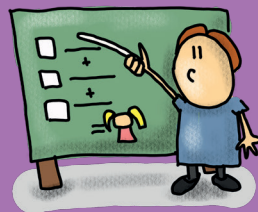
Come up with a plan of action you need to take



Get legal advice about the changes, and the evidence of those changes, the Court will require

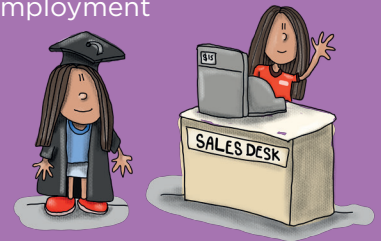
Consider how you can reduce the incidence and impact of domestic violence - there are specific programs for men and women.

Find out what changes the Department think are important



Change your social circles and end unhealthy or dangerous relationships and friendships

Enrol in further study with a goal toward future employment



Attend parenting groups

Make different choices about your lifestyle

