

The **ADDC** News.

Volume 1, Issue 1

www.aussiedispute.au

November 2022

AISSM is now reborn as **ADDC**

We are back, it has been 22 years since the last newsletter. Thankyou to all everyone that has encourage, supported and the guidance and assistance to get back to what I have a passion for.

Australian **Divorce** and **Dispute** Centre (ADDC) has been formed to provide the first steps in dealing with Divorce and/or Separation. helping you to Finalise your Marriage or Help keep the relationship together but more importantly having a focus on what are the best interests of the children and how they are feeling and coping.

Our Children are our future, if we do not leave them in a safe place, with the correct support and guidance then we will have no legacy to show for our time on this earth.

Inside this Issue

- The Best Interest of the Children
- Your Safety
- The First Steps
- Men do badly out of divorce

The Best Interest of the Children

The Family Law Act lists the factors the court must consider in determining a child's best interests as

- any wishes expressed by the child and any factors (such as the child's maturity or level of understanding) that the court thinks are relevant to the weight it should give to the child's wishes
- the nature of the child's relationship with each parent and other persons
- the likely effect of any change in the child's circumstances including the likely effect on the child of any separation from either of his or her parents or any other person with whom he or she has been living
- the practical difficulty and expense of a child having contact with a parent and whether that difficulty or expense will substantially affect the child's right to maintain personal relations and direct contact with both parents on a regular basis
- the capacity of each parent, or of any other person, to provide for the needs of the child, including emotional and intellectual needs
- the child's maturity, sex, background (including any need to maintain a connection with the lifestyle, culture and traditions of Aboriginal peoples or Torres Strait Islanders) and any other characteristics of the child that the court thinks relevant
- the need to protect the child from physical or psychological harm caused, or that may be caused, by being subjected or exposed to abuse, ill-treatment, violence or other behaviour or by being directly or indirectly exposed to abuse, ill-treatment, violence or other behaviour that is directed towards, or may affect, another person
- the attitude to the child, and to the responsibilities of parenthood, demonstrated by each of the child's parents

Upcoming Event. – 30 November 2022

Free Information Evening – The first Steps

Book your attendance: [Events | AUSTRALIAN DIVORCE AND DISPUTE CENTRE \(aussiedispute.au\)](#)

Guest Speaker

- Annette Lakey – Lakey Family Lawyer
- Benjamin Watkins - Counsellor
- Chris Wyn – Men's Circle

Hosts: Bonnie Douglas – Geoff Brayshaw

- Family Dispute Resolution - Mediator
- Divorcee Coach – Your First Steps
- Co-Ordinator
- NMAS and Relationship Mediator

Meet the speakers, get some information and guidance specific to your issues.

We have found that help, support, information, guidance, and connection through the Network of professionals will help provide you with the tools to better connect and mediate with your former partner, your relationships, your employer, your children, and your extended family

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- any family violence involving the child or a member of the child's family
- any family violence order that applies to the child or a member of the child's family
- whether it would be preferable to make the order that would be least likely to lead to the institution of further proceedings in relation to the child
- any other fact or circumstance that the court thinks relevant.^[35]

in short

- *One of the guiding principles for Parenting decisions is the best interest of the child. This is a term that has special meaning in Family Law, so I want to review that with you before we proceed.*
- *The 'primary considerations' for determining a child's best interests, to which the Court is required to give the greatest weight, are the benefit to the child of having a meaningful relationship with both of their parents, and the need to protect the child from physical or psychological harm from being subjected to, or exposed to, abuse, neglect, or family violence. In balancing those primary considerations, the Court must consider protecting the child from harm.*

Contributions and Liabilities to ADDC News

All Readers, or interested parties, are welcome to submit articles for publication in the quarterly ADDC news -Newsletter. The copy is preferred in electronic form via and emailed to the editor at info@aussiedispute.au.

The copy will be checked, and every effort will be made to ensure the information in the newsletter is current and correct at the time of publication. Whilst every care is taken to ensure accuracy ADDC will bare no responsibility for any Errors or omissions that may appear.

Disclaimer: All advertising and written material, articles submitted, visual descriptions, graphic images in this newsletter are of general nature and not all material or information will be offered, all information will fall in line with the rules, regulations, and legislation in every state.

Australian Divorce and Dispute Centre are the publisher of ADDC News ABN:..... on a quarterly basis for all persons who are interested in the Divorce, Relationship, Family, Employment and issue of the children.

IFYOU DO NOT LIKE THE INFORMATION IN THE ADDC NEWS THEN TELL US, IF YOU DO LIKE THE INFORMATION AND IT IS HELPFUL TELL OTHERS.

Butter Chicken



Quick and Easy Butter chicken with hidden veggies feeds 1 Adult and 2 primary school-aged children
1 Large package ready-to-eat butter chicken from the Aldi fresh meat section
1 bag frozen veggies
1 packet (or more) of heat and eat rice

Place the butter chicken into a medium saucepan
Add one quarter to half a bag of veggies
Heat over medium for approximately 20 minutes
Prepare rice according to packet directions

I use 2 containers of butter chicken and 750g to 1kg of veggies, so we have a meal for 2 nights in a row.



Welcome to Lahey Family Law

The fact that you're here suggests you're going through a difficult time. We're here to help you find your way through the challenges that lie ahead. To achieve the best possible outcomes for all involved. To help you come out the other side stronger and happier.

Email: annette@lakeylaw.com.au
Call: 1300 921 523

Mornington
Level 1, 61A/1140 Nepean Highway
Mornington 3931

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Perform. Excel. Transcend.

Mornington Peninsula's Premier Performance
Counsellor & Coach

◇ *Get in touch with Benjamin*

Email: benjamin@benjaminwatkins.com.au

Phone: (03) 8765 2477

*Ground Floor, 435 Nepean Highway, Frankston
Victoria 3199, Australia*

Safety

Whether you are planning, thinking or in the middle of Divorce, Separation, then your safety and that of the children is paramount.

Do you have a

Grab Bag with

- Some Cash
- Copies of Passport, Drivers License, Medicare and Health Care card, bank accounts, logins, passwords, spare keys to the house, the car, spare clothes, birth certificates, Legal documents, financial tax returns, copy of your hard drive, with emails, facility bills such as rates, Gas, Electricity and water, copies of insurance documents etc. so if you need to get out of the situation you have these items ready to go within a few seconds.
- Make sure you have a charger, extra charged battery for your phone, iPad, Notebook, any portable hard drives, or thumb drives etc.
- Have an address book, with phone numbers of family, friends, Police, Lawyer, accountant, financial advisor, and Domestic Violence centres, and anyone else that is important to you

Some other things for you to think about

- Change your habits, travel different ways to work, to the shops, to drop off and pick up from school to your friend's house etc.
- Don't feel ashamed or embarrassed about telling others of your situation, you need some one to understand how you are feeling, it would be a great

idea that you have a secret code word for the children, your friends and you manager at work, so if you call them and mention this code word you need help now.

The safety of yourself, the children and you have the right to feel safe and have protection.

The First Steps - Relationship Breakdown

This usually starts to happen several years before you go down the path of Separation and then on to a Divorce settlement.

We are faced with challenges such as workplace, drugs, alcohol, religious, cultural, verbal arguments, financial, and issues around the children. You may have one or a number of these impact on your lives, what is important to understand is that in all cases that the trust, the LOVE, the communication will reduce and become an issue.

Usually, ne partner or parent will say that is it I'm over this and you must leave, this can be a discussion, or there maybe intervention from the police. It is at this time reality will hit with the party or parent that must leave the residence or family home.

The emotions, the feeling of what is going on, the threats, the allegations and then where will I stay or what am I going to do starts to hit home.

The feeling of what do I do, where do I go and how do I fix this starts to rule your emotions, feelings, and your thoughts.

This is your issue now, your partner has already delt with this some time ago, and they are already moving forward, they have had the issues with Anger, Frustration, Anxiety, loss etc, they have a plan already and you are the last piece of the puzzle that needs to be delt with.

We at Australian Divorce and Dispute Centre can help you get the information that you need, we have counsellors, Lawyers, Mediators, and support networks who can assist with your needs and your personal wellbeing, we can assist you in finding your way, and answer your questions. The process of Divorce and Disputes increases stress, anxiety, and the ability to take in information, understand what is happening and what will happen next.

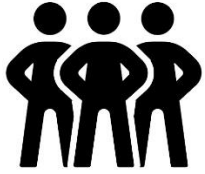
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Men's Circle



Men doing self-development.

We have weekly men's circles, facilitator training, socials, retreats, and an online community network.

We're a non-profit, making men's work mainstream.

Why?



To challenge yourself to improve as a man. To build mental resilience, self-awareness, and emotional intelligence.

To find mutual support, camaraderie, and learn from a diverse community. To connect deeper with our health, purpose, and meaning with like-minded men.

To open without judgment, in a confidential space, to work through life's challenges with other men.

Call: Chris on 0400-614065

Men find it more difficult to get over Divorce

The answer might surprise you. Recent research has shown that in many cases men have a more difficult time getting over a divorce than women, and suggests that men who go through a divorce are more likely to:

- 😞 Die at a younger age,
- 😞 Have heart problems, or
- 😞 Have substance abuse problems.

Negativity: men tend to look at divorce more negatively than women. Remember that 70%-80% of divorces are initiated by the wife. Shame, embarrassment, hopelessness, rejection, and feelings of 'not good enough'

can wreak havoc on anyone's mental state and result in depression.

Grief: men tend to skip the grieving process. James Hawes points out that men tend to acknowledge 4 feelings: mad, glad, sad, and scared. It's NOT OK to cry, so men launch into anger or look to replace the wife with someone who makes them feel better about themselves immediately (glad). The thing is grief sticks around in the subconscious and mucks about until the opportunity arises to explode. The new girlfriend is a band-aid that is often not adequate to cover the gaping wound left by divorce.

Identity and purpose: Men tend to have fewer deep connections with others outside of their marriage. When it ends, they lose their identity as husband, and in some cases their identity as father is challenged if the children spend more time with their mother. Women are more likely to have deep friendships, be involved in community and activities, retain their identity as a mum and can adapt more easily to new situations.

Loneliness: Dads can miss their children and being part of a family. Loneliness can easily trigger depression.

Therefore we screen carefully during intake and assessment for mediation, and screen constantly (and discretely) during the mediation process. When your mediator asks how you are generally feeling day-to-day on a scale of 0 to 10 (with 0 being worst ever and 10 being best ever) it is very important to be honest. It is NOT OK to ask you to attend mediation if your mental state is poor. You are not able to negotiate well and we risk doing more harm to you by putting you through the mediation process.

What can you do if you are struggling?

OK - many men don't *do* counselling. Maybe it's not manly, or talking about feelings is uncomfortable, or the discomfort of being vulnerable in front of someone else is too much to bear.

But could you *do* coaching? What if you meet with a coach who is an expert on helping men deal with their divorce and move on?

Call 1800 Y Mediate or
Email: info@aussiedispute.au