

Parenting When Separated Programme



A practical and positive evidence-based course for parents who are preparing for, going through or have gone through a separation or divorce.

Parenting when separated can be challenging and confusing. Drawing on international long-term evidence, the Parents Plus 'Parenting when Separated' Programme is a six-week course that highlights practical steps parents can take to help their children cope and thrive, as well as coping successfully themselves.

Topics include:

- Solving co-parenting problems in a positive way that focus on the needs of children.
- Cope with the emotional impact of separation and learn stress management techniques.
- Help your children cope with the impact of the separation both emotionally and practically.
- Enhance communication with their children and with their children's other parent.



The 'Parenting When Separated' course does not propose to find magic answers but hopes to help parents to gain the support of other parents who may have similar experiences and to find down-to-earth solutions for difficult situations. The focus of the course is positive and aims to build on your strengths as a parent and what you are already doing right.

Who should attend

The course is free to attend and is open to separated parents from all backgrounds. Both mothers and fathers, resident and non-resident parents are welcome to attend this course. Both parents of the same children are welcome to attend though we recommend you attend separate groups.

Course details

The course consists of six group sessions for up to 12 parents, each session will last 2 hours 30 minutes with a 15 minute break. We will meet all parents for an individual introductory meeting prior to the group starting to discuss your goals for the course.

How to register

Referrals will be used to create a mixed group of up to 12 parents, you will be contacted to offer a course date for your area.

Spaces still available:

In Person at The Shephall Centre, Stevenage

On a Thursday, starting 2nd November until the 7th December

From 10 – 12:30

If a parent would like to attend one of the scheduled dates, please add this in the any further information section at the end of the referral form.

You can be referred by a professional or you can self refer [here](#) or scan the QR code

