



Parents Plus Programme



Parenting When Separated

Parenting when separated can be difficult, and how it is managed has a significant impact on children. This 6 week course does not propose to find magic answers but aims to help parents to gain the support of other parents and to find 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. It is facilitated by two accredited practitioners.

The **Parenting when separated programme** hopes to help you:

- Understand the impact of separation on parents and children
- Establish a positive cooperative co-parenting relationship
- Communicate more effectively with your child's other parent and your child
- Manage successful contact and handovers
- Manage Conflict and Challenges
- Develop personal coping and stress management skills

Who should attend

The online course is open to parents from all backgrounds and walks of life that are going through or have gone through a separation or divorce. They are designed to be mixed and suitable for mothers and fathers of children of all ages. A parent can attend on their own, should the other parent of their child wish to participate we can link them into a future course date. Next 6 week course begins **Wednesday 27th April, 2022 10.00 – 12.30.**

Referral

Referral Organization Name _____

Referral Title and Name _____

Referral Contact Number and Email _____

Parent(s) Name _____ Phone No. _____

Address _____

Goals for the course _____

Wendy Taylor, Parents Plus, The Fr. McGrath FRC, St. Josephs Rd, Kilkenny, R95 P0KK. wendy.taylor@frmcgrathcentre.ie

Go to : www.parenting24seven.ie for parenting support

