

# we can Relate



## **PARENTS APART**

- *for divorced or separated parents* -

This is a 4-hour course for parents who are about to or already have separated and divorced.

The course looks at the impact of divorce and separation on children and their parents. It offers an opportunity to share concerns and experiences as well as offering strategies for helping children cope with this change in their lives. Parents learn about how they can develop a new and different relationship with their ex-partner. The ultimate aim of the course is to equip parents to protect their children from what is often a painful experience and reduce parental conflict.

We select our trainers for their interpersonal skills as well as their training ability. We create an environment which encourages and enables participants to join in group discussions and activities. The parents are actively involved in the learning process and have full opportunity to raise their own concerns.

### *Course Content:*

- Changes in Relationships - From Partners to Co-Parents
- Dealing with conflict
- Communication with your ex partner
- Telling your children about breaking up
- Contact with children
- Developing Parent/Child Relationships

For more information or to book a workshop, please contact:

Lynne Murphy  
Training Development Manager  
Relate Kent

Tel: 07542 448023 or email: [lynne.relatekent@gmail.com](mailto:lynne.relatekent@gmail.com)

