

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

Date: Thursday 16th March 2023

Time: 10am-2pm

Venue: Woodlands Children's Centre, Chapman Way, East Malling, ME19 6SD

To book a place please contact TMCC@kent.gov.uk or call us on 03000418008

Only one partner from an ex-relationship may attend. Participants must have no known history of domestic violence.