

INFORMATION FOR PARENTS

Parents Apart Training Course from RELATE SOLENT

Parenting information programmes for separating parents
A guide to accessing the service.

What is Parents Apart?

This is a course for parents who are in the process of separating and who are concerned about the impact this may have on their child or children. It specifically focuses on the needs of the children so that the harmful effects of separation can be avoided.



How long does it take?

It is a four hour course, normally delivered in two sessions of two hours.

Who delivers the course?

It is delivered by Relate professionals who have been specially trained.

Is the course a type of counselling or mediation?

No.

Who else is on the course?

Other parents in a similar situation will be in a group with you. The maximum number in a group is twelve. You will not be booked on the same course as your ex-partner.

How will the course help me?

These are some of the key objectives:

- to recognise the change in relationship from partner to co-parent
- to gain an understanding of child development and the impact of parental separation
- to learn how to protect your child(ren) from open conflict and loyalty conflicts
- to consider significant aspects of drawing up a contact schedule
- to identify your own qualities as a good parent that can be used in the current situation
- to look towards developing and maintaining the best relationship with your child/children even if there is only occasional contact

How will the course help my children?

Your child(ren) will benefit from the improved communications and reduced conflict between their mother and father. You and your ex-partner will be better able to focus on what is “in the best interests of the child”, which is what the law courts state as the priority.



Does it work?

Since April 2009, we have received extremely positive feedback from clients regarding the benefits of this course. They have reported a significant improvement in family communication and a decrease in stress and conflict. From the Relate perspective, what is exciting is that parents appeared to shift towards the child’s needs rather than their own needs in relation to contact.

When does Parents Apart take place?

Relate Solent offers several courses per month for clients to attend in groups. We can also work with parents individually if their needs dictate this.

Cost

£200 per parent.

Venue

Parents Apart is delivered at

3 Kings Park Road

Southampton

SO15 2AT

(in the Citizens' Advice Bureau building).

For further details

Please contact

Relate Solent on 02380 335 273

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