

INFORMATION FOR SOLICITORS

Parents Apart Training Course from RELATE SOLENT

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

What is Parents Apart?

It is a four hour course, normally delivered in two sessions of two hours, designed for parents who are in the process of separating. It specifically focuses on the needs of the children involved so that the harmful effects of separation can be avoided.



Who delivers the course?

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

How does this course compare with the Parent Information Programme imposed by Court Order?

We use the same course material, as developed by Relate. We are now able to offer this early intervention without the need for a Court Order.

Is the course a type of counselling or mediation?

No.

Who can attend the course?

Courses are arranged for groups of parents with a trainer in a ratio of 1:6. Ex-partners do not attend together.

If clients have special needs e.g. literacy issues, we will try to meet these. We are unable to offer this course to clients with extreme mental health problems or issues with drugs, alcohol or violence as it is unlikely to have a positive effect.

How will the course help my clients?

The course is recommended for clients at the beginning of their separation process when they first seek legal advice. It offers them help in managing an amicable and peaceable separation, with specialist guidance in how to help their children cope. The course will help separating parents avoid a costly and distressing legal battle fought through the courts. Relate attendance certificates will be issued to participants on completion.

How will Parents Apart benefit my practice?

Legal professionals who specialise in family matters can offer this course as an enhancement of the service they provide in cases of divorce and legal separation. It is a provision to underpin your practice's reputation as caring, efficient and professionally experienced in the wider realm of family matters.

What are the key objectives of the course?

- Make the parents aware of the effect of separation on the child/children
- Make it clear that conflict over contact is not "in the best interests of the child".
- Give options and ideas about how to change things for the better by improving communication skills and promoting workable solutions.

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 was 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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