

PARENTS PLUS Parenting When Separated

A practical and positive evidence-based course for parents who are preparing for, going through or have gone through a separation or divorce.



A free 7 week Zoom course Includes 'Taster Session'

Wednesdays 6.30 – 9pm Start date: **3rd January 2024** Mondays 12.30 – 3.00pm Start date: **8th January 2024**



Parents attend different groups

For information and enquiries, please contact
Emily on 07827 979616
relationshipsmatter@bristol.gov.uk
Or use this link to enrol https://forms.office.com/e/YgdiRVmADg



Parents Plus is an Irish charity that develops practical, evidence-based parenting and mental health programmes. We train professionals working with children and families to deliver the programmes in communities and clinical settings. Our programmes support families to communicate effectively, build satisfying relationships and overcome emotional and behavioural problems.

