

SWFS 'Parenting Apart' Information Sessions



South West Family Services

Our **Parenting Apart information** session, otherwise known as a Separated Parents Programme is delivered monthly, online in small groups for separated parents to explore key principles of communication, the child's voice and parenting plans.

Part 1 Overview

- Brief 1-2-1 intro with one of the facilitators, then a group discussion exploring ground rules and the aims of the course. We look at loss, moving on, different families, new lives and our roles. The voice and impact on children and Q&A

Part 2 Overview

- The voice and impact on children continued and parental communication, conflict, self care, boundaries and what's next and Q&A to finish

Our course is accredited by SPPD, the Separated Parenting Programme Directory.

Sessions are 7.30pm – 8.45pm or 7.30pm – 9.30pm for a 'Long Session.' A 'Long Session' means the 2 parts are delivered in one sitting with a break in the middle, rather than 2 separate dates. Attendance at both session is required to complete the programmes. Certificates are issued upon completion. We hold 2 groups each month to ensure parents are in separate groups.

Costs – The Programme is £60 inclusive.

Is this not quite what you need?

The SWFS Child & Family Support Programme provides a structured, child-focused package of support for children and co-parents who need help to improve or stabilise their current arrangements. Where families require more intensive support specifically around establishing spending-time arrangements, our dedicated Reunification service may be more suitable. If you would like more information about this or any of our other services—or if you need something more bespoke to meet the needs of your family or the family you are supporting—please get in touch.

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