

## 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'

Tuesdays 10am – 12.30pm Start date: **21**st **May 2024** 

or

Wednesdays 7pm – 9.30pm Start date: **22<sup>nd</sup> May 2024** 



## For information and enquiries, please contact

Deb on <u>07880179204</u> <u>deborah.davis@bristol.gov.uk</u>

Co-Parents attend different groups. There will be no session during half term holiday.



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.