



Support for Inter-Parental Communication

FREE Support available to one or both parents

Are you a parent/carer of children between 8 and 14 who is experiencing challenges with co-parenting due to the pressures you are facing?

The SIPCo Project could help.

This project enables parents to work together in a fair and collaborative way. In doing this we hope there will be a reduction of youth violence in the future.

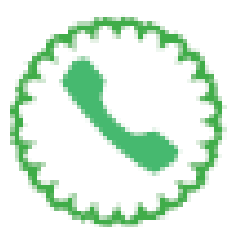
Who is this for?

- Parents with a child age 8-14 years
- Parents who may be experiencing challenges with co-parents or extended family members. (This might include arguing, shouting, silent treatment, avoiding, unhappy feelings, disagreements about parenting, stress, looking after a child with SEND) *This list gives some examples but is not exhaustive.*

What type of support is available?

Parent will be allocated either 10 sessions of online relationship therapy (delivered by the couple therapy charity Tavistock Relationships) or online support (One Plus One). A local practitioner will help parents access the online support resources, which can be used at their own pace.

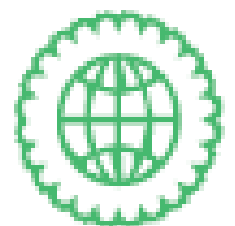
If you would like to refer yourself/have an informal conversation, please get in touch with us, details below.



Call: Helen Ankrah on 07721 311726



Email: relationshipsmatter@bristol.gov.uk



Visit: www.bristol.gov.uk and search for 'SIPCo'

We are already taking referrals.

If you do not see a response email, please check your junk/spam folder and mark us as a trusted sender.

