



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 course on MS Teams  
Includes 'Taster Session'

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



Parents attend different groups

For information and enquiries, please contact  
Emily on 07827 979616

 [relationshipsmatter@bristol.gov.uk](mailto:relationshipsmatter@bristol.gov.uk)

Or use this link to enrol <https://forms.office.com/e/YgdiRVmADg>

  
**ParentsPlus**  
Empowering Professionals to Support Families

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.

[www.parentsplus.ie](http://www.parentsplus.ie)