



Free Parenting when Separated Programme

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

The Parenting when Separated Programme is a **six week** course that highlights practical steps parents can take to help their children cope and thrive as well as coping successfully themselves.

- **Cope with the emotional impact of separation and learn stress management techniques**
- **Help children cope with the impact of the separation both emotionally and practically**
- **Enhance communication with their children and with their children's other parent**

Starts : Tuesday 14th Jan 2020 for 6 weeks

Time; 6.00pm to 8.30pm

Where : Barnardos, Church Rd. Mulhuddart, Dublin 15.

Tea, coffee, and light refreshments will be provided.

For booking/enquiries, please contact **Bridgett** from Barnardos

by **Friday 3rd Jan 2020** on **0864613570** or **01 8204033**.

Or email Bridgett.johnson@barnardos.ie