

Relationship Support Programme



Does this sound familiar?

You're separated or divorced. Your child is caught in the middle. You may have problems with your extended family, your new partner or your ex. Perhaps holidays and birthdays cause arguments. You may be concerned about your finances.

And you're worried about the impact this is all having on your child's behaviour and emotions. If this sounds familiar, Family Transitions Triple P can help families to have a positive transition, through the process/following separation or divorce.

Relationships matter

Conflict between couples might include lack of warmth or emotional connection or shouting and swearing at each other. Often it can be frequent, intense and poorly resolved.

How parents interact with each other, regardless of whether they are together or separated, has a big impact on their children.

Evidence shows that parental conflict has a negative impact on children, particularly in terms of mental health, problems at school, sleep difficulties and poorer health.

Free Support Available

Family Transitions is a 6 week group parenting programme for divorced or separated parents. It gives you new ways to help protect your child and yourself from the fallout of a family break up.

Courses are free and delivered both online and in person at a local Family Wellbeing Centres.

If you would like further information about the Family Transitions programme email

parentingprogrammes@brent.gov.uk or register for a place at **www.brent.gov.uk/parenting**

