

Are you worried that stress in your relationship is affecting your children?

Course begins

This **FREE** 16 week course will give you:

- A safe space to think through difficulties
- New, more constructive ways of resolving your differences
- Support from other parents in similar situations

Phone: 01865323240 or Email:
PAP@oxfordshire.gov.uk



“A great way to spend some time focussing on the most important thing in your life – the people you love.”

Parents as Partners has already improved participants lives in the following ways:

- Increased the quality of the couple relationship – greatest improvements in poor quality, high conflict relationships;
- reduced conflict and disagreements;
- Improved psychological wellbeing;
- Helped children's emotional and behavioural difficulties

Parents
as
Partners

A service provided by



**OXFORDSHIRE
COUNTY COUNCIL**

PRACTITIONERS
refer a family who
could benefit
OR

PARENTS
can call to
join a
group now

Parents as Partners

FREE Therapeutic Groups to strengthen your relationship for the benefit of your children



**OXFORDSHIRE
COUNTY COUNCIL**



**INFORMATION
FOR FAMILIES**

Parents as Partners is a safe space for couples and co-parents to work out how to move forward if things have been difficult. It is a free programme that looks at the whole family, not just the relationship between parents and their children.

The sessions are led by male and female trained group workers who work with both parents to foster long lasting change. Both parents are involved, and have a safe space to connect with other parents in the group.



Next course
begins

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What can I expect?

Couples and Co parents attend sessions with other parents. In this time you will be working on your relationship, yourself, exploring family patterns, as well as improving your parenting skills and helping your child succeed.

Sessions include a mix of creative activities, video clips and discussions. There will be input from the group leaders and space to talk about the things which are important for you.

The group allows you to explore things that might be difficult and sad, as well as facilitate lively discussion with other people who might be going through similar situations.

How does it help?

Proven results in helping:

- Improve your relationship and communication with your child's other parent.
- Strengthen your family relationships and improve your child's wellbeing and success.
- Manage the challenges and stress of family life.

Is it for me?

To benefit from the programme, whether you are together or separated, you need to be willing to talk together about how you would like to bring up your child. Groups are accepting of all couples including married, separated, adoptive, same sex couples and couples with children who have autistic spectrum disorder.. call now for more information.. The course will be run online.