

6. RELATIONSHIP SUPPORT COURSES

INFORMATION

MAINTAINED SCHOOLS/ ACADEMIES/ MULTI ACADEMY TRUSTS & SCHOOL NURSERIES

Author: Nicola Wilder

Contact: Nicola.Wilder1@Hertfordshire.gov.uk 01442454297

Disagreements are a normal part of life. How you approach them can make all the difference to you, your co-parent, and your children. Learn skills to navigate changes in your relationships, develop positive communication skills and learn practical steps that you can bring into your child's life to help them cope during and/or after a separation or divorce.

Upcoming Parenting When Separated course at the Otley Family Centre Watford is now taking referrals. Parenting When Separated: A 6-week group-based course for separated parents that focuses on the emotional impact of separation and supporting communication between co-parents.

This course is available to all Hertfordshire parents and carers for free.

Upcoming course date: Face to Face course at The Otley Family Centre, Otley Way, WD19 7TB Every Friday between 7 Mar - 11 Apr 2025, 10am - 1pm

How to register: Both parents and professionals can complete the Parenting When Separated Referral Form Family Lives have a course coming up for parents of children with SEND to support co-parenting skills and child development. The course is free for all Hertfordshire parents and carers.

Who should attend? Separated or separating parents of neurodiverse children seeking guidance, support, and strategies for co-parenting more consistently.

Upcoming course dates: A free 6-session course developed by Family Lives and delivered online via Microsoft Teams.

- Every Monday between 24 Feb - 31 Mar 2025, 7pm - 9pm
- Every Tuesday between 25 Feb - 1 Apr 2025, 9.30am - 11.30am

How to register Complete a Family Lives referral form if you're a parent of a SEN child or a professional referring someone you know. Alternatively, get in touch via: Email: services@familylives.org.uk Phone: 0204 522 8700 or 0204 522 8699.