



Co-parenting with Care programme for parents with children with SEN.

This 6-week online programme offers a structured approach to help you navigate your unique challenges, improve your relationship, and create a more supportive environment for your SEN child/ren .



The programme covers themes including:

- Understanding SEN and its impact on children and family dynamics
- Effective Communication Skills
- Managing Emotions & Stress
- Collaborative Problem Solving
- Building a Supportive Network
- Creating a Unified Parenting Approach

These 2 courses will be delivered via MS Teams, over 6 sessions on the following dates/times:

Date: Wednesday 15, 22 October and 5, 12, 19 & 26 November

Time: 9.30am to 11.30am

Date: Thursday 16, 23 October and 6, 13, 20 & 27 November

Time: 7.00pm to 9.00pm

For more information or to make a referral, scan the QR code, email services@familylives.org.uk or call 0204 522 8700 or 0204 522 8699

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