

**BRAND
NEW
course for
couples**

Does your relationship need some work?



Raising a child can have a big impact on a couple's relationship and it can be hard to know what will make things better.

Parents as Partners is a free course for couples who want to improve their relationship for the good of their children. It gives parents going through difficulties the opportunity to work out how to move forward.

How the course works

16 weekly sessions will give you time to work on yourself, your relationship and your approach to parenting your children.

You will be given the chance to talk together about things that might usually be hard to discuss, as well as more fun and lively group discussions with the other parents.

Parents as Partners has proven results in helping **parents**

- Manage the challenges and stress of family life
- Improve the quality and effectiveness of how they communicate
- Strengthen family relationships and improve children's wellbeing and success
- Reduce conflict and disagreements in the relationship

Parents as Partners has proven results in helping **children**

Long-term research studies have shown that couples who attend see positive outcomes in their children's lives too:

- A reduction in depression
- A reduction in aggression and hyperactivity
- Improved peer relationships
- Improved school results



The course involves

Small group sessions are always led by expert male and female facilitators. Each week they will use a mix of video clips, creative activities and discussions to give you:

- A place to explore reasons for the difficulties in your relationship
- New, more constructive ways of resolving your differences
- The chance to meet other parents in similar situations



You can attend if you are

- Parents to at least one child under the age of 11 (even if you are not the biological parent)
- Willing and able to attend group sessions together for 16 weeks
- Not currently in care proceedings or private family law proceedings

We welcome parents from all backgrounds, including same sex couples and adoptive parents.

To book your place or find out more

Tel **01273 292901**

Email **Stephen.Woodward@brighton-hove.gov.uk**

The course will start in Brighton & Hove in January 2020. Ask a professional to refer you, or you can refer yourself.

There is a small budget to support with childcare arrangements if needed.