

## Information for families

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

“More fun than I expected!”

“It felt really fair to be learning these communication skills as a couple in a safe place, and at the same time. It helps us to be on a level together.”

“Try it!”



# Parents as Partners

Do you want to strengthen your relationship for the benefit of your children?

Free group work programme to help you work positively together to manage family life.

If you're worried that stress in your relationship is affecting your children, this group provides:

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

## How can it help?

The programme has proven results in:

- improving your communication and relationship
- strengthening your family
- helping you manage the challenges and stress of family life



## Can we join?

The programme is free and open to any parents with at least one child under the age of 11, as long as you can both attend.

We welcome all parents - whether married, living together, separated or divorced as long as you would like to work together on how you bring up your children.

Sessions are held at various community venues in London. There are free crèche facilities and refreshments are provided.



## What next?

If you are interested in finding out more please contact us on:

Parenting and Relationship Hub  
Bernard Weatherill House  
8 Mint Walk

Croydon CR0 1EA  
020 860 62062

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