

Family stress, arguments or worries affecting you, your partner and your children?

Do you often disagree or argue about things to do with the children?

Parents as Partners is a supportive, welcoming and free group work course for parents. It can help parents who want to work together to create a less stressful and happier family life.

This free 16 week course will give you:

- A safe space to think through difficulties together
- New, more positive ways to deal with your differences
- Support from other parents in similar situations

At Parents as Partners you and your partner or co-parent take part in activities and discussions. You will look at issues around relationships, parenting and the stresses of real family life.

The group is led by a male and a female group worker. It also includes other parents who might be going through similar challenges. It doesn't judge or take sides in family arguments and is totally free. Extra support with a range of issues is available outside of sessions if you need it.



The program can help parents to:

Improve their relationship.

Manage stress and challenges in family life.

Reduce arguments.

Free child care is provided for all ages to support your attendance.

Parents as Partners is for parents who:

Are living together or are separated.

Have a school age child

Are over the age of 18.



Free child care is provided for all ages to support your attendance.

You will both attend a 16 week course where you will take part in activities and discussions that will encourage you to explore issues around parenting with other parents who have experienced similar situations.

The sessions are delivered by trained female and male co-workers and parents have the opportunity for additional support by a Parents as Partners caseworker outside of the sessions.

The course will be held in community venues across Hartlepool and is completely impartial.

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www.changingfuturesne.co.uk