

On-line Course

Parenting Course for Separated Parents

This course is recommended for parents who have separated and would like to co-parent
Both parents are not required to attend.

Start Date: Tuesday 18th March 2025

End Date: Tuesday 6th May 2025

6 Sessions

Time: 7.00 - 9.00pm

Venue: On-line via ZOOM

Cost: £84.00/£30.00 concession (with proof)

Price is per parent/carer living in London



HOPE

Helping Families to Live and Learn Together

In a safe, non-judgemental arena this 6 week programme uses a parent focussed- child centred approach. Children need two loving parents, consistent, positive discipline and clear communication. You will be able to develop your skills to bring up confident, happy and co-operative children.

Topics include:

- Understanding our needs and those of our children
- Building self-esteem in our children and ourselves
- Understanding children's behaviour
- Why a consistent approach works best
- Listening skills & Effective communication
- Dealing with feelings
- Promoting positive discipline.

**SCAN ME
TO ENROL**



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