

A
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
- Relaxed and informal two-hour sessions with refreshments supplied



You can attend if you are

- Parents to at least one child aged 16 years and under (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

Phone **07825 862574**

Email **parent.relationships@brighton-hove.gov.uk**

Groups are face to face and take place throughout the year.

Please contact us using the above details for upcoming group dates.

Ask a professional to refer you or you can refer yourself using the contact details above.

See our privacy notice here:

www.brighton-hove.gov.uk/parents-partners-group-privacy-notice

