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# Parents Apart

A course for separated or divorced parents



## Relate Bradford

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relate  
the relationship people

When you begin a separation or divorce you start a **journey** you never intended to go on. Your hopes and expectations suddenly change which can leave you **uncertain of which direction your life is going**.

The decisions you make on your journey are important as not only do they affect your future but also how well **your children** adjust to the new situation.



You can take control and make a positive influence on your journey and **build a secure future for you and your children**.

To help you do this Relate Bradford are running a course called **Parents Apart**.

## What is the Parents Apart course about?

Parents Apart is a **free** course for separated or divorced parents. It aims to give you the tools you need to make your journey through separation or divorce **easier**.

The course covers 3 main topics including:

### Children

- How children respond to separation and divorce.
- What children need and how to help them

### Communication

- Tips for contact when you can't be with your children
- Communicating with your ex partner
- New partners



### Emotions

- Stages of loss
- Looking after yourself

As well as practical legal and financial advice

## When is the course being run and how do I book a place?

The course will be run weekly at Relate Bradford, 7<sup>th</sup> Floor, City House, 21-27 Cheapside, Bradford, BD1 4HR. From Thursday 23<sup>rd</sup> September- 21<sup>st</sup> October 2010, 6.15 pm- 8.15 pm

You can attend the course alone, you do not have to attend with your ex partner.

If you would like to take part in the course or have any questions please contact us on 01274 726096 and ask for Amy. Further dates are available if you cannot attend in September.