**Healthy Relationship (Reducing Parenting conflict) work with parents.**

We have secured a year’s funding to enable Relate to support parents in groups, individually, as a family and or the children to have counselling support around understanding conflict and the impacts this has on everyone.

We would like the parent/s to started to understand conflict and how this impacts the aim of the work is to work with parents when this issue is entrenched into the family.

This will be delivered in small groups in the family hubs, and we have 2 being delivered at the same time if parents can’t be in a group together.

Harmony family hub – 9.30 – 11.30am ( start date to be decided)

Aspire family hub – 12.45 – 2.45pm ( start date to be decided)

Relate will assess each referral and decide which is the best option for the parents and they will share this with the referrer. (referral is attached separately)

**The course content is below.**

Week 1 – Assessments

Week 2 - Co-parenting expectations and experiences (how we were parented, attachment, children’s needs). Communication Styles

Week 3 - Causes and triggers of conflict between parents. Stress

Week 4 - ‘Tuning in’ to each other and the children. Self-care and coping with stress. De-escalation techniques. Reactions to parenting.

Communication styles and what we want from our relationships.

Week 5 - Lighthouse Approach - Potential barriers and solutions planning; further support and signposting . Good enough co-parenting

Week 6 - What prevents us from mentalizing behaviour and empathy.

Week 7 - Endings – what do they mean for you?

Week 8 - Ending: reviewing goals, reflections for future relationship maintenance.

Outcomes and evaluation

Please note the closure date for requests is 15th May 2024 – As requests are received Relate will make as assessment of the situation by talking to the parent/s.