



# MIDWEST FRC



## PARENTING WHEN SEPERATED

*A practical and positive evidence-based course for parents who are preparing for, going through or have gone through a separation or divorce.*

Parenting when separated can be challenging and confusing. Drawing on international long-term evidence, the Parents Plus 'Parenting when Separated' Programme is a seven-week course that highlights practical steps parents can take to help their children cope and thrive, as well as coping successfully themselves.

### Topics include:

- Solving co-parenting problems in a positive way that focus on the needs of children.
- Cope with the emotional impact of separation and learn stress management techniques.
- Help your children cope with the impact of the separation both emotionally and practically.
- Enhance communication with their children and with their children's other parent.



The 'Parenting When Separated' course does not propose to find magic answers but hopes to help parents to gain the support of other parents who may have similar experiences and to find down-to-earth solutions for difficult situations. The focus of the course is positive and aims to build on your strengths as a parent and what you are already doing right.

### Who should attend

The course is open to separated parents from all backgrounds. Both mothers and fathers, resident and non-resident parents are welcome to attend this course. Both parents, or one parent, of the same children are welcome to attend, though separated parents are placed into separate groups. There are 10-12 participants in each group along with two group facilitators. Please contact us to discuss this. We will meet all parents for an individual introductory meeting prior to the group starting.

### Course details

The course consists of six group sessions run online, with each session lasting 2 ½ hrs. The seventh session is a facilitated session by the Limerick Family Mediation service in which they speak about mediation and its benefits within the separation process. The process is there are three group sessions, followed by the Family Mediation service session, then the last three group sessions.

**Contact:** Pat Fitzpatrick (PWS Project Lead)  
Phone: 061326623  
Email@ [pws@northsidefrc.ie](mailto:pws@northsidefrc.ie)



# MIDWEST FRC



## PARENTING WHEN SEPERATED

### Supporting Parents

The Impact of Separation on Parents

Establishing a Cooperative  
Co-Parenting Relationship

Communicating With My  
Child's Other Parent

Being a Residential or  
Non-Residential Parent

Personal Coping and  
Stress Management

Parent Self-Care in the Long-Term

Group 1

Group 2

Group 3

Group 4

Group 5

Group 6

### Supporting Children

The Impact of Separation on Children

Helping Your Child Cope

Communicating With My Child

Managing Successful  
Contact and Handovers

Dealing with Challenges

Managing New Relationships