

As Parents we all want the best for our Children, that is why positive co-parenting is so important for the whole Family but at times can be challenging. In Sheffield we recognise this and have the following programmes you can access for support.

EPEC - Being a Parent Together Programme

Duration: 10 weeks

This programme is for co-parenting couples to attend together who are either living together or apart. This is an opportunity to reflect on what is working well in the family, putting the children's needs first and what areas could be further developed or changed. The programme aims to improve child development, parenting, family resilience and family relationships. The Being a Parent Together programme creates a trusting group ethos, where parents are encouraged and supported.

Also available are 3 online, 2 hour workshops on different Being a Parent topics these can be booked via Eventbrite <http://bit.ly/SheffParentHub>

Family Transitions

Duration: 6 weeks

This is a programme for parents who want to support their child to cope with and understand separation or divorce. The programme looks at positive communication and relationships to help to adjust to the new family make up. It also includes lots of helpful resources around self care and managing stress.

Parents do not attend the same session as their ex-partner, but the sessions give parents the tools to help support them and their child/children during this difficult time.



Separated Parents Information Programme (SPIP)

- In Partnership with CAFCASS

Duration: x2 2 hours

This is two, two hour sessions to help parents who are not in the court arena to understand how to put their children first whilst they separate. The programme encourages separated parents to consider the best interests of their children and to become clearer about what their children need most from them. The programme also equips parents with skills to take steps for themselves; this may include developing agreements that do not need court intervention.

Parents do not attend the same session as their ex-partner, but the sessions give parents the tools to help support them and their child/children during this difficult time.

For more information or to book, please contact Sheffield Parenting Hub



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Direct message (Sheffield Family Centres)

