

Parental Conflict

Co-Parenting Group Programmes

Co-parenting is a challenge whether you are parents living together or parents who are separated. In Sheffield we recognise this and have the following programmed you can access to support.

Separated Parents Information Programme (SPIP)

- In Partnership with CAFCASS

Duration: 4 hours

This is a one off programme for 4 hours and helps 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 behave in 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.



EPEC - Being a Parent Together Workshop

Duration: 2 hours, 15 mins

This workshop 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 workshop aims to improve child development and outcomes, parenting, family resilience and family relationships. The Being a Parent Together workshop course creates a trusting group ethos, where parents are encouraged and supported.

EPEC - Being a Parent Together Group Programme

Duration: 10 weeks

This programme is specifically for parents and carers who are concerned about disagreements, quarrels and unresolved difficulties in their relationship that is affecting their parenting. This conflict may at times put the couple's relationship at risk of separation and breakdown. It aims to improve child development and outcomes, parenting, family resilience and family relationships. The Being a Parent Together course creates a trusting group ethos, where parents are encouraged and supported.



Family Transitions

Duration: 6 weeks

This is a parallel programme for parents/carers who are experiencing personal stress from separation or divorce which is impacting or complicating parenting. It gives parents ways to limit the negative effects on child development by promoting parenting and family processes that contribute to family adjustment after separation. It focuses on skills to resolve conflicts and cope positively with stress.

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



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