

Further information

Courses are free and support will be offered online by webcam (on your laptop, smartphone, tablet or desktop computer) during times of social distancing measures. Once social distancing is over, where possible, support may be offered in your home or local community.

Parents are encouraged to commit fully to the course in order to gain the most benefit.

Sessions range from individual one-on-one, to group sessions between 6 to 12 parents depending on your particular needs.

Programmes are open to all eligible parents, mothers and fathers, and same-sex parents. These opportunities are for couples who are together in a relationship or those who are separated.

Privacy

We only share information in accordance with our Privacy Notice and Consent forms which you will be given as part of the referral process.

Contact us today

If you have a question, comment or enquiry about the programme, please contact us at:



referralsbrsf@TavistockRelationships.org



020 7380 6099



<https://TavistockRelationships.org/free-services>



“Deciding to do something about the relationships I care most about has not only supported my own parenting but has made a huge impact on my family.”

Building Relationships for Stronger Families

A service provided by  **TAVISTOCK**
RELATIONSHIPS

Find out about FREE support

Email: referralsbrsf@TavistockRelationships.org

<https://TavistockRelationships.org/free-services>

INFORMATION
FOR FAMILIES

Building Relationships for Stronger Families

A New Programme For Parents

Available online by webcam during social distancing

FREE COURSE ►



TAVISTOCK
RELATIONSHIPS

Please note that this service is only on offer to residents and those who access services in the following London boroughs: **Westminster, Kensington & Chelsea, Camden, Hammersmith & Fulham, Croydon, Brent and Lambeth.**

Relationships matter

Being a parent is tough.

Being a parent when your relationship with your partner or ex-partner isn't going well is even tougher.

There are times when we are all under stress but whilst conflict is part of normal family life, sometimes it can become destructive and get in the way of managing everyday life.

Conflict between couples might range from lack of warmth or emotional connection to shouting or swearing at each other. Often this can be frequent, intense and poorly resolved.

How parents interact with each other, regardless of whether they are together or separated, has a big impact on their children.

Evidence shows that parental conflict has a negative impact on children, particularly in terms of mental health, problems at school, sleep difficulties and poorer health.



How can we help?

The 'Building Relationships for Stronger Families' programme may be able to help you if you feel that stress and conflict in your relationship are affecting your family.

The programme offers parents support to suit their circumstances to address conflict within their relationship, as well as strengthening their parenting skills to bring up their children.

Support can be individually, with your partner/co-parent, or in group sessions delivered by experienced facilitators who are skilled in encouraging discussion around the modern struggles that parents and couples face.

During the programme, you will work on your relationship, whether you are together or separate, and find ways to manage stresses and disagreements. You will explore patterns of behaviour to develop tools and techniques to improve your parenting skills and help your family succeed.

How to get help?

If you live in one of the specified London boroughs, you can refer yourself online via the Parenting Together website: <https://tavistockrelationships.org/free-services>

You don't need to have a key worker to refer yourself, but if you have a key worker working with you, speak to them about the programme. They can help you to complete a questionnaire which asks you for details about your relationship and your circumstances.

Your questionnaire is sent to the programme, and a parenting practitioner will be in touch to arrange a meeting at a time and place that is suitable, or to arrange an online meeting by webcam.

When you meet you'll talk through your questionnaire in more detail and together you will agree a plan to support you, based on your circumstances and the needs you identify.

If you haven't got a key worker working with you, please don't let this stop you getting the support you need, the programme is open to all parents in the specified London boroughs.

What can I expect?

- + Support that is tailored to you
- + Support that is proven to improve relationships
- + A supportive and experienced professional
- + Delivered at a time and place to suit you
- + A quick response

