

PARENTING INFORMATION PROGRAMME FACT SHEET FOR CLIENTS

- 1.** It is for 4 hours in duration, (breaks in between) and there will be a maximum of 6 in the group which will be of mixed gender. **The former partner will not be in the same group.**
- 2.** The purpose of the session is for it to be a reflective workshop. This course is not about how to be a parent.
- 3.** A booklet is provided and considered. A power point presentation is followed.
- 4.** The whole process is confidential, save exceptional circumstances for example disclosures are made which gives reason to believe that there is a risk of harm to children.
- 5.** The basis of the course is to ensure that people have knowledge of the impact of divorce and separation upon their children and aims to reduce the conflict between parents. **There is no report back to a solicitor or the court, however a letter is sent to the Court and Solicitor to confirm attendance; a non- attendance letter is sent to the Court if clients are offered a PIP and do not attend.**
- 6.** The parents are encouraged to think in terms of children and not as adults. Parents are encouraged to focus on what they can control and what they cannot.
- 7.** They are encouraged not to argue in front of the children or argue about what actually happened because people experience different things.
- 8.** People are also encouraged not to "sweat the small stuff" and asked to think what difference their current stance will make in a year's time. Parents are encouraged to be business like with each other and not to discuss why the relationship broke down either directly with or in front of the children.
- 9.** If by virtue of the course you feel that further counselling may help, RELATE have 12 counsellors to offer further assistance. A discount on counselling charges can be negotiated if **a Parenting Information Programme** has been attended.
- 10.** For further information either contact this office or Sue Hirons at RELATE on 01752 213131. Further information can be found on the RELATE website www.relate.org.uk. or alternatively by email at relateplymouth@googlemail.com.