

Co-parenting with care

Creating a positive environment for children

This programme is specifically for parents who are separated or divorced and needing support to improve their co-parenting of a child/ren living in Enfield. This is a valuable opportunity to enhance relationships and strengthen co-parenting skills; Both parents are welcome to attend.

Sessions include

- Understanding co-parenting
- Communication skills
- Creating a co-parenting plan
- Navigating emotions
- Building a collaborative relationship
- Resources and support
- Moving forward



These 2 courses will be delivered via MS Teams, over 6 sessions on the following dates and times:

Date: Wednesday 5, 12, 26 February & 5, 12, 19 March 2025

Time: 9.30 am - 11.30 am

Date: Monday 24 February & 3, 10, 17, 24, 31 March 2025

Time: 7.00 pm to 9.00 pm

For more information or to make a referral, scan the QR code, email services@familylives.org.uk or call 0204 522 8700 or 0204 522 8699



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