

## Further information

Courses are free and, where possible, support will be offered in your home or in your 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. Crèche facilities are not routinely available but may be offered if there is enough demand.

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.



“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



For general enquiries telephone 020 7641 3523  
or email [rprefferrals@westminster.gov.uk](mailto:rprefferrals@westminster.gov.uk)

# Building Relationships for Stronger Families

A New Programme For Parents

FREE COURSE ►



## Contact us

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

 [rprefferrals@westminster.gov.uk](mailto:rprefferrals@westminster.gov.uk)

 020 7641 3523



# 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 include lack of warmth or emotional connection or shouting and swearing at each other. Often it 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 is affecting your family.

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

Support takes the form of one to one or 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, exploring patterns of behaviour and tools and techniques to improve your parenting skills and help your family succeed.



## How to get help?

If you have a keyworker working with you, speak to them about the programme.

Your keyworker will 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.

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.

## What can I expect?

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