

FREE bite-size workshops to help separated parents successfully coparent

Please encourage your parents to come along to these free online sessions. The focus for each session is to give parents practical tools they can use to help themselves, and their children cope better with their separation/divorce. There are 3 bite-size workshops focused on different topics, they are welcome to come to all 3 – there are 2 of each so their ex-partner can also go along.

Date & time	Topic	Link
Wednesday 15 January 9:30 AM- 10:30 AM your	A separated parents' guide to successful coparenting communications	https://www.eventbrite.co.uk/e/1073000546519?aff=oddtcreator
Wednesday 15 January 2 PM-3 PM	Managing handovers and transitions for separated parents	https://www.eventbrite.co.uk/e/1073028389799?aff=oddtcreator
Tuesday 21 January 2 PM-3 PM	Helping your children navigate separation and divorce	https://www.eventbrite.co.uk/e/1073078549829?aff=oddtcreator
Thursday 23 January 9:30 AM- 10:30 AM	Managing handovers and transitions for separated parents	https://www.eventbrite.co.uk/e/1073084758399?aff=oddtcreator
Wednesday 29 January 7 PM-8 PM	A separated parents' guide to successful coparenting communications	https://www.eventbrite.co.uk/e/1073016704849?aff=oddtcreator
Tuesday 4 February 7 p.m.-8 PM	Helping your children navigate separation and divorce	https://www.eventbrite.co.uk/e/1073104998939?aff=oddtcreator

Updated area with information and support for separated parents: [Somerset children & young people : Health & Wellbeing : Support For Separated Parents](#)