

PARENTING WHEN SEPARATED

A PRACTICAL AND POSITIVE COURSE FOR PARENTS WHO ARE PREPARING FOR, GOING THROUGH OR HAVE GONE THROUGH A SEPARATION OR DIVORCE

6 week course

Starting 27th March

10am -12.30pm

Wednesdays

NCW Family & Community Hub, NCW Community Centre



- Solving co-parenting problems in a positive way that focus on the needs of children
- Cope with the emotional impact of separation and learn stress management techniques
- Help your children cope with the impact of the separation both emotionally and practically
- Enhance communication with your children and with your children's other parent

PRE-REGISTRATION IS ESSENTIAL

PLEASE CONTACT

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LIMERICK SOCIAL SERVICE CENTRE

