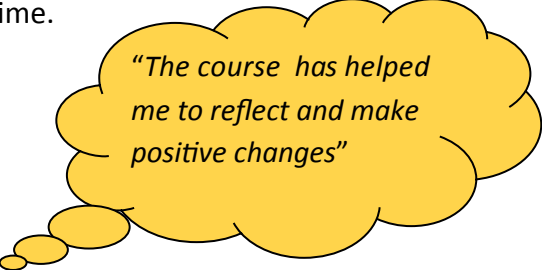


What is the Keeping Children in Mind course?

The course is aimed at parents/carers who are thinking of separating, or who are already separated or divorced and are worried about doing the best for their children, whilst coping with everyday life.

The course shows you ways of managing and helping yourself and your family to move forward during what can be a very difficult time.



"The course has helped me to reflect and make positive changes"

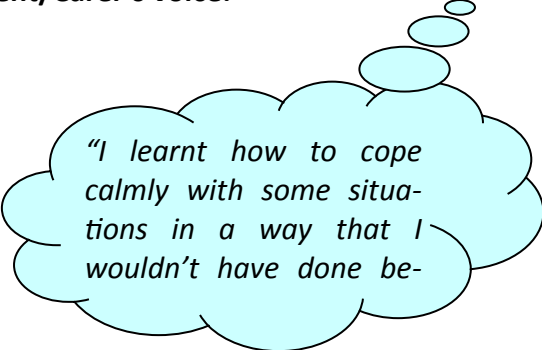
Parent/Carer's voice:

What does the course involve?

It is a three hour course looking at:

- Talking to your children about separation and divorce.
- The potential effects of this life-changing event on children and adults.
- Practical ideas on developing collaborative parenting.
- How to deal with less than ideal situations.

Parent/Carer's voice:



"I learnt how to cope calmly with some situations in a way that I wouldn't have done be-

When does the course run?

Sessions are:

Last Wednesday of every month -

6:00 pm – 9:00 pm and

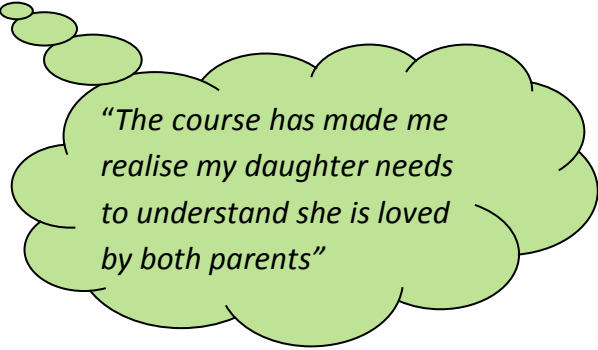
Last Friday of every month -

9:30 am – 12:30 am

Cost: £40 *

** Please note you may be eligible for a voucher . To obtain it, please contact us prior to enrolment*

Parent/Carer's voice:



"The course has made me realise my daughter needs to understand she is loved by both parents"

You may also be interested in the following courses:

Blame My Brain

"Blame My Brain" is a programme that aims to help parents/carers develop an understanding of their changing role along with their teenager's changing behaviour and needs.

Circle of Security

An programme for parents/carers of 0-8 years old children looking at strengthening and supporting the parent-child relationship.

The Incredible Years

A programme for parents of 3- 10 year olds; a practical guide, filled with examples of everyday problem situations and concerns, and step-by-step suggestions on how to handle them.

Please contact us for dates, times and availability :

Telephone: 01534 449481

Email: parentingadmin@gov.je

Visit: www.gov.je/parentsupport



Follow us on Facebook

Application form

Course name

Parent/Carer's name:

.....

Address

.....

.....

.....Post Code.....

Telephone number:

E-mail address:

Please note: You may be eligible for a voucher to obtain a free place on this course— please contact us for further information on 449481.

I enclose a cheque for £40.00, payable to "Treasurer of the States"

Funding approved

Data Protection Fair Processing Statement:

"Your personal information has been collected by Parenting Support Services for the purpose of administering your application for a course with us. Your information will not be passed to any third parties without your prior consent."



Parenting Support Services work in partnership with Brighter Futures a local charity for families.

All of our workers are trained in, or are working towards a City and Guilds Level 3 Qualification in Working with Parents. Parenting programmes are research designed to meet parents specific needs and include elements from 'Incredible Years', 'Triple P' and 'Mellow Parenting'.

Please return forms to:

Parenting Support Service
The Bridge, Le Geyt Road
St Saviour, Jersey
JE2 7NT

For further information, please contact the above address or:

Email: parentingadmin@gov.je

Telephone: 01534 449481

Visit: www.gov.je/parentsupport



Find us on Facebook

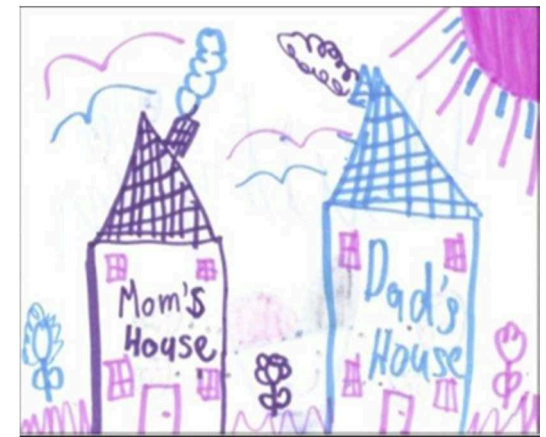


Family life is challenging, asking for help is a positive thing to do...

Keeping Children In Mind

A programme for separated or divorced parents and carers

[two of everything]



States of Jersey