

10 Free (Government funded) Online Co-parent Counselling Sessions.

Are you experiencing stress or conflict in your relationship which you think is affecting your family?

Do you have one or more children under 18 years old or a disabled child under 25 years old?

Do you live in Cambridgeshire (including Peterborough) Hertfordshire, Buckinghamshire or Essex?

If so you may be able to access ten free online counselling sessions with the aim of reducing parental conflict and improving your child(ren)s future outcomes through the parenting together programme. This is a government funded programme (DWP) run by Tavistock Relationships.

This Programme is open to all eligible parents, mothers and fathers, and same sex parents. It is for couples who are together or separated or single parents. Counselling can take place at times that fit around childcare and work/life demands. Where it is not possible to see parents online for a joint appointment, due to the challenges of family life in lockdown, individual sessions for both parents are possible.

Due to the COVID 19 Pandemic, families and parents are under incredible pressure, these online counselling sessions could be invaluable support at this time so please share this information with any suitable organisations and individuals.

If you are interested in being referred or would like more information for yourself or your agency please contact Melissa Rolph on:

melissarolph@tavistockrelationships.org Or 07496 415614

Please note this support is not suitable for couples where there is Domestic Abuse or current court proceedings.

More information is available on the link below **HOWEVER, PLEASE NOTE that due to COVID 19 the referral process has temporarily changed and certain Tavistock Relationship Staff (including Melissa Rolph) can refer people to the programme. You DO NOT need to be referred by Social Workers, Teachers or other professionals, they do not need to be involved.** Please contact Melissa Rolph directly on her phone or email (above) for information or referral.

<https://www.parentingtogethersupportprogramme.org.uk/spring-2020>