

As Parents we all want the best for our Children, that is why positive co-parenting is so important for the whole Family but at times can be challenging. In Sheffield we recognise this and have the following programmes you can access for support.

EPEC - Being a Parent Together Programme

Duration: 10 weeks

This programme is for co-parenting couples to attend together who are either living together or apart. This is an opportunity to reflect on what is working well in the family, putting the children's needs first and what areas could be further developed or changed. The programme aims to improve child development, parenting, family resilience and family relationships. The Being a Parent Together programme creates a trusting group ethos, where parents are encouraged and supported.

EPEC - Being a Parent Together Workshops

Duration: 2 hrs 15

This workshop is for co-parenting couples to attend together who are either living together or apart. This is an opportunity to reflect on what is working well in the family, putting the children's needs first and what areas could be further developed or changed. The workshop aims to improve child development and outcomes, parenting, family resilience and family relationships. The Being a Parent Together workshop creates a trusting group ethos, where parents are encouraged and supported.

There are three Workshops available:

- Good enough parenting, working as a team and managing conflict
- Understanding children's feelings and behaviours
- Communication styles and I statements

Family Transitions

Duration: 6 weeks

This is a programme for parents who want to support their child to cope with and understand separation or divorce. The programme looks at positive communication and relationships to help to adjust to the new family make up. It also includes lots of helpful resources around self care and managing stress.

Parents do not attend the same session as their ex-partner, but the sessions give parents the tools to help support them and their child/children during this difficult time.

Family Communication Seminar

Duration: 90 minutes

A practical seminar for parents and carers of school aged children. Why communication quality matters to your child's education and how to create the best relationship environment for your children. This seminar covers the following helpful topics:

Setting a good example for your child. Home and school environments – how to help your child. What we do and say – the difference it can make. Learn simple effective skills of being assertive to improve communication in your relationships.

For more information or to book, please contact Sheffield Parent Hub



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Direct message (Sheffield Family Hubs)

