

Dear Friends,

I am contacting you from Dunmanway Family Resource Centre. We are running a Parenting When Separated programme for parents on Wednesday evenings, starting in **Bantry** on 28th February and running for 7 weeks, with a two week break for Easter. Booking is essential by phone 023 8856818, text 08701504648 or email ita@dunmanwayfrc.com

Kind regards

Ita Harris

Family Support Worker

Parents Plus Programme

Parenting When Separated

BANTRY

A practical and positive 7 week programme for parents preparing for, going through or have gone through a separation or divorce.

Topics include:

- *Positively solve co-parenting problems*
- *Helps parents & children cope emotionally & practically with impact of separation*
- *Enhances communication with & around children*

Starts **Weds 28th February 7.30-9.30pm**

(2 week break for Easter)

€8 for handbook, €3-5 per session

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