How do I refer parents?

We welcome referrals from a wide range of community and professional groups, for example: schools, children's centres and other early years settings, voluntary sector providers, faith groups, as well as targeted and specialist services.

The process of referring parents to the programme is straightforward and quick, but one or both parents may initially be cautious about taking part. Our experience so far is that effective referrals often come when referrers have found a way to think with both parents about the programme.
Members of the Parents as Partners team are available to support you in ways of approaching this, or to talk to you individually or as a team. We are happy to provide presentations or discuss referrals you may have in mind.

To make a referral, please email Family Action
parentsaspartners@family-action.org.uk

A referral form is also available on the Family Action website
www.family-action.org.uk/parentsaspartners

Or for more information about the project please call **0207 380 6099**

We also welcome self-referrals

For more information contact:

parentsaspartners@family-action.org.uk
London enquiries: 020 7380 6099
Manchester enquires: 0161 682 1500

www.family-action.org.uk/parentsaspartners

THE TAVISTOCK CENTRE FOR COUPLE RELATIONSHIPS
Training • Counselling • Psychotherapy • Research

family action
Building stronger futures

Information for Referrers

Helping parents improve their relationship to benefit their children

Parents as Partners

A free evidence-based groupwork programme

Delivered by Family Action and
The Tavistock Centre for Couple Relationships

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What is it?

Parents as Partners is a free groupwork programme for parents who want to work together better to address relationship issues affecting their parenting.

This innovative approach brings couples and co-parents together in a safe space for 16 weekly sessions co-facilitated by trained male and female group workers. By working with both parents the group fosters long lasting change, benefitting children's cognitive, emotional and social development.

Parents will be expected to attend all 16 group sessions and will be further supported by a Family Action caseworker.

Childcare and refreshments are offered free of charge at the group sessions.

The Programme was developed and tested in the US by husband and wife psychologists Professors Philip and Carolyn Cowan from the University of California, Berkeley. Several long term research studies provide evidence that couples who attend make improvements in their relationship and there are also strong positive outcomes for children (for example, reduced depression, aggression and hyperactivity, and improved peer relationships and school results). The research also highlights an increase in the quality of father's involvement in their children's lives and a reduction in harsh parenting practices.

Through a grant from the DfE, Family Action and The Tavistock Centre for Couple Relationships are piloting the programme in London and Manchester.

Who can take part?

The programme is aimed at parents who would like to improve their relationship with each other for the benefit of their children

- parents must be over 18 years of age and have at least one child under 11 living in the borough
- parents do not have to live together, or be in a current relationship , but should both be willing to think together about how they parent their children
- parents must be willing and able to attend group sessions together for 16 weeks
- parents with mental health needs should have a sufficient level of stability to participate with the other parent in a group setting in which personal issues are discussed
- families should have no current care proceedings or private family law proceedings