

**Press release**

**Date:** For immediate release

**FREE COURSES TO HELP LOCAL PARENTS BULD STRONGER FAMILY LIVES**

Parents in London and Manchester who are worried relationship issues are affecting their parenting abilities are being sought to attend a free programme run by Family Action and the Tavistock Centre for Couple Relationships (TCCR).

The Parents as Partners programme is an innovative approach that brings couples and co-parents together in a safe space for 16 weekly group sessions. The sessions are led by trained group workers who work with both parents to foster long lasting change. The next programmes will take place in venues across London and Greater Manchester, and in order to make it more flexible childcare is available free of charge at the sessions.

To take part in the programme parents don't have to live together, or be in a current relationship, but they should both be willing to think together about how they parent their children. They should also meet the following criteria:

- Parents must be over 18 years of age and have at least one child under 11
- Parents must be willing and able to attend group sessions together for the full 16 week programme
- Families should have no current care proceedings or private family law proceedings

Tim and Julia, took part in the programme in London and said: "We feel very lucky to have been given this support from the Parents as Partners programme. We were apprehensive at first and didn't know what to expect, but the programme has been a gift for us, an education which we will never forget. We have found a happy place these last few months, but most importantly we are now giving George a happy childhood and a positive future."

The programme was developed and tested in the US by husband and wife psychologists Professors Philip and Carolyn Cowan from the University of California. 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 including reduced depression, aggression, hyperactivity, and improved peer relationships and school results.

Honor Rhodes OBE, Director of Strategic Development at TCCR said: "Our great partnership with Family Action is enabling us to reach families where the parents' relationship is affecting their children. Through the Parents as Partners programme we have already helped many couples across London and Manchester improve their relationships and create positive change for their families. We are now looking for more couples who would like to join a group to take part in the programmes coming up in London and Manchester. We are delighted that the Department for Education funding allows us to offer this service at no charge to families."



If you believe you meet the above criteria and are keen to apply, please contact Tracy Banks on 07557 568 990 or [tracy.banks@family-action.org.uk](mailto:tracy.banks@family-action.org.uk).

**ENDS**

**For further information please contact:**

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