



Press release

Date: 29 June 2016

Immediate release

Free Relationship support available for parents in Medway and North Kent

As many of us know, being a parent can be challenging. This can affect the relationship between partners which, in turn, can affect their children. Sometimes we need a little help and support.

Parents as Partners, which is run by the charity Family Action in conjunction with Tavistock Relationships, is launching a new service in Medway and North Kent which offers a free group programme for couples and co-parents of children aged eleven or under.

The government-funded programme is designed to help parents manage the challenges and stresses of family life and strengthen their relationships and communication. This will then lead to improving their children's wellbeing and will ultimately benefit the family as a whole. It is based on encouraging findings from the Parents as Partners success in London and Manchester over the past three years

This free programme, will run over a 16 week period consisting of two-hour weekly sessions and will consist of group work with six to seven couples. There are both day time and evening groups to fit in with parents' busy lives and free crèche facilities are also provided.

We are now looking for parents who would like to take part in the programme which starts in September and welcome hearing from couples and co-parents who feel they would benefit.

To find out more about our group programme and how it can help you and your partner, please contact Parents as Partners at parentsaspartners@family-action.org.uk or ring us on 020 7241 7456

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For further information and interviews please contact:

The Media and Comms team

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Notes to Editors:-



About Family Action

Family Action is a charity committed to building stronger families by delivering innovative and effective services and support that reaches out to many of the UK's most vulnerable people.

We seek to empower people and communities to address their issues and challenges through practical, financial and emotional help.

Our work is wide-ranging and includes help for parents-to-be, the provision of many Children's Centres in local communities, intensive family support, emotional health and wellbeing services, counselling, mediation and therapies, support in schools and financial grants programmes. Family Action is also recognised as a leading provider of training and consultancy, offering organisations and their employees services that can help to minimise family issues that may have an adverse impact on work or home life, providing child and adult safeguarding training, and delivering training around Family Placement.

Registered Charity Number: 264 713

Website: www.family-action.org.uk

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