

## What parents have said:

“ I wish this was mentioned to me much earlier at the start of this difficult journey. Thankyou

“SPIPS opens your mind to being more

amicable.”

“Very helpful and thorough”

“Excellent course”

# Be the best separated parents you can be

” It is a positive, challenging, and rewarding journey ”



## How to Contact us

Family Action SPIPS Team  
spips@family-action.org.uk  
020 7241 7456

## Online Separated Parents Information Programme

Four hour course for parents who want to communicate better to benefit their children.

\*Self referrals £113 | Daytime, evenings and Saturdays | PC or Smartphone access via Zoom

[www.family-action.org.uk/spips](http://www.family-action.org.uk/spips)

## Are you worried that conflict with your ex-partner is affecting your children?

This four hour course, for groups of five parents, will give you:

- A safe space to think through difficulties
- New ways to improve communication skills and reduce conflict
- Support from other parents in similar situations

## How can it help?

The SPIP programme covers:

- What children need from you now as a separated parent
- How to reduce conflict and Improve parent communication
- Helping you understand the emotional effect of separation



## Can I attend?

Parents can self refer for a £113 fee. The course can save parents the huge financial and emotional costs of court action. Co-parents attend on different sessions and alongside court ordered parents.

We welcome all parents whether married, living together, separated or divorced, as long as you would like to work together on how you bring up your children. Children also benefit from grandparents and current partners attending so that they receive positive and consistent messages.



**Four hour  
course available  
online  
weekdays,  
evenings and  
weekends**

## What next?

To book or find out more  
please contact us  
[spips@family-action.org.uk](mailto:spips@family-action.org.uk) 020 7241 7456