

## **PARENTING WITH YOUR PARTNER**

Workshop for parents

Date	TBA, 10.00am-4.30pm
Location	Croydon
Fee	£60 for individuals and £85 for co-parenting couples

### **Description**



Does your warm and close relationship seem like a thing of the past since you became parents?

Does everything you know or understand about parenting become the source of a third world war in your home when it comes to discussing it with your partner? Should it be this hard?

So many couples with strong and healthy relationships discover that when they become parents, the challenge to deal with their new role as a parent in caring for their new little person is not the only change they have to negotiate.

Parenting is hard enough without feeling that your loving and supportive partner is on another planet. My workshops offer understanding and a way forward and couples are encouraged to attend together.

### **Aims**

This workshop is an opportunity for parents to explore and better understand the changing relationship and communication needs between parents and children as the children become teenagers, and to discover how to stay engaged with each other in a productive way during the process. The day will include group discussion and sharing of the issues participants are facing, as well as teaching practical ways in which parents can improve their communication with each other.

- ✓ Every workshop will be highly participative and attendees will be actively involved throughout.
- ✓ Having fun will be actively encouraged.
- ✓ Theories will be kept to a minimum (unless specifically requested)

### **Who is it for?**

Parents of children of any age.

### **Booking**

Please email or telephone me if you have any questions or would like to book a place.