

PARENTS PLUS – PARENTING WHEN SEPARATED PROGRAMME

A practical and positive evidence-based course for parents who are preparing for, going through or have gone through a separation or divorce.

What to Expect:

Parenting when separated can be challenging and confusing. Drawing on international long-term evidence, the Parenting when Separated Programme is a **six week course** that highlights **practical steps** parents can take to help their children cope and thrive, as well as coping successfully themselves.

Topics include:

- **Solving co-parenting problems** in a positive way that focus on the needs of children.
- **Cope with the emotional impact of separation** and learn stress management techniques.
- **Help your children cope** with the impact of the separation both emotionally and practically.
- **Enhance communication** with their children and with their children's other parent.

The 'Parenting When Separated' course does not propose to find magic answers but hopes to help parents to gain the support of other parents who may have similar experiences and to find down-to-earth solutions for difficult situations. The focus of the course is positive and aims to build on your strengths as a parent and what you are already doing right.

Who should attend:

The course is **free to attend** and is open to separated parents from all backgrounds. Both mothers and fathers, resident and non-resident parents are welcome to attend this course. Both parents of the same children are welcome to attend though we recommend you attend separate groups. We will meet all parents for an individual introductory meeting prior to the group starting.

Course details:

The course consists of **SIX two and half hour** group sessions.

Day & Dates: Wednesday 15th April— Wednesday 20th May 2026

Time: 9.30am—12pm

Location: Online via Zoom App

Facilitators: Sharon Smyth & Ann Dunne, Project Workers Barnardos

[If interested please contact office on 046 9734263 for more details.](#)