



# Support for Inter-Parental Communication

FREE support available for one or both parents

- Do you have a child or children aged between 8 and 14?
- Do you find it hard to get on with your partner or your ex?
- Do you argue or shout at each other?
- Or have you stopped talking to each other because it's too difficult?

If so, then the SIPCo project could help.

Whether you are with your partner or have separated, are an LGBTQ+ parent, a parent in an extended family, or any other group, we are looking for parents and carers who live in Dorset, BCP (Bournemouth, Christchurch and Poole) and Bristol.

You will be allocated either relationship therapy (delivered by the couple therapy charity Tavistock Relationships) or online support. A local practitioner will help you access the online support resources, which can be used at your own pace.

The project is trying to compare the two types of support, so parents will be provided with one or the other. We expect both kinds of support to be helpful for families.

In the relationship therapy sessions (which will take place online), a therapist will help you and your partner/ex to communicate better, while the online resources are programmes that you will work through at your own pace with the support of a locally trained professional.

If you are interested, please get in touch using the details below.



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