



# 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 this SIPCo project could help.

Support is available for either one or both parents. The help on offer will either be relationship therapy (delivered by the couple therapy charity Tavistock Relationships) or a local practitioner will help you access online resources which can be used at your own pace.

## Please contact Jessica Lanham:

 [relationshipsmatter@bcpcouncil.gov.uk](mailto:relationshipsmatter@bcpcouncil.gov.uk)

 07423 782590

 [bcpcouncil.gov.uk/healthyrelationships](https://bcpcouncil.gov.uk/healthyrelationships)

When you apply, your details will not be shared with anyone else. After applying online, if you do not see our response email, please check your junk/spam folder, then mark [relationshipsmatter@bcpcouncil.gov.uk](mailto:relationshipsmatter@bcpcouncil.gov.uk) as a trusted sender.

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