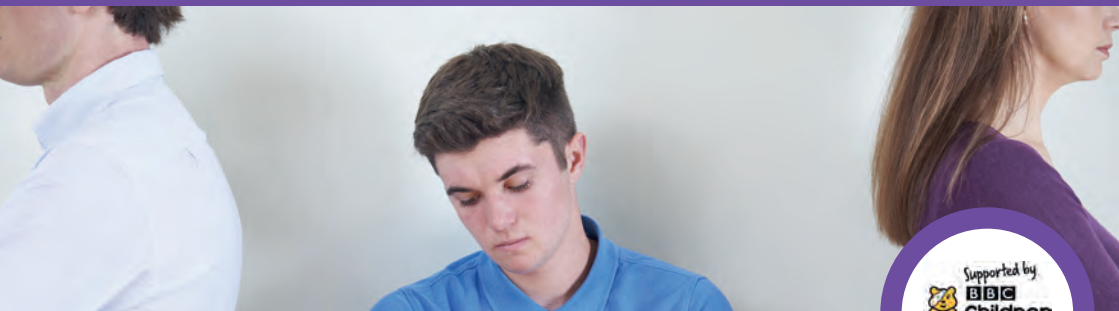


# Are you and your ex-partner struggling to agree on arrangements around your children?



As a result of lockdown/COVID-19, both aspects of this programme – i.e. the therapy sessions for parents and the peer mentoring sessions for children and young people – are being delivered remotely/online.

**Tavistock Relationships is offering FREE support for separated parents who are finding it difficult to maintain a positive and helpful relationship with their ex-partner.**

This help is being made available through funding from BBC Children in Need.

The main aim of the work is to help separated parents find a more collaborative way of parenting together, despite their differences.

The support – which is available at our centre at 56–60 Hallam Street, London W1W 6DA – involves three assessment sessions (one session for each parent separately, and one with both parents together, to agree a focus for the support). These confidential sessions are followed by six sessions of therapeutic help. There is an opportunity for a further three, monthly follow-up sessions if this is deemed helpful by all parties.

Alongside this work, **Fitzrovia Youth in Action** – a local youth charity – have been funded by BBC Children in Need to provide peer mentoring to the children of the parents receiving support from Tavistock Relationships. (*See details overleaf*)

 [rmeier@tavistockrelationships.org](mailto:rmeier@tavistockrelationships.org)

 020 7380 1964





## Confidential peer mentoring programme

This confidential peer mentoring programme – a six-to-eight week programme covering a variety of aspects of young people's lives, family and relationships – will be delivered to small groups of young people aged 10–14 years, and 15–18 years, by Fitzrovia Youth in Action from its centre in 66–68 Warren St, London W1T 5NZ, guided by trained professionals from the organisation.

The programme, created by young people with similar experiences, explores themes that have been linked to promoting positive mental health. These themes have been developed and shaped from evidence-based models such as, 'The 5 ways to Wellbeing' and The 'Resilience Framework' as protective factors in supporting mental wellbeing. The themes that the programme will cover may vary, as the group will be led and guided by the young people who attend themselves. However, core topics that are explored are usually: mental health, relationships, self-esteem and resilience. This link shows how Fitzrovia's peer mentoring scheme works (the footage relates to a schools-based programme but the one for this project will adopt a similar approach: <https://youtu.be/zHSZCco3w14>

The two elements of this project are very much linked. You and your ex-partner will need to be able to engage in therapeutic work together, and your children will need to be interested in participating in the peer mentoring programme, or at least willing to give it a try.

This programme is for separated parents with children aged between 10 and 18. Fitzrovia Youth in Action have produced leaflets for children with details about the programme and how to access it.

**Please email or phone Richard Meier on [rmeier@tavistockrelationships.org](mailto:rmeier@tavistockrelationships.org) or 020 7380 1964 if you are interested in finding out more about this project, or visit <https://www.tavistockrelationships.org/children-in-need>**