

Parents as Partners Perinatal Programme

For parents with a child up to one year old



Parents as Partners (perinatal programme)

Parents as Partners is an evidence-based, relationship-focused programme for parents which is designed to improve relationships between parents and to increase children's well-being and success. The relationship between parents, parent-child relationships and family patterns across generations are all explored during the sessions, not only parenting skills.

The perinatal programme is designed for parents, both of whom attend together. Topics which the programme focuses on include stress, postnatal depression, family patterns of relating, sex and communication.

Tavistock Relationships can deliver the 16 weekly sessions to parents referred by family hub and other local authority practitioners.



A 16-week Parents as Partners course (which can take up to 6 couples per group).

Please email Sarah Ingram on singram@tavistockrelationships.org to find out more.

About Tavistock Relationships

Established in 1948, Tavistock Relationships is an internationally-renowned charity delivering and developing advanced practice, training and research in therapeutic and psycho-educational approaches to supporting couples.

We research, develop, pilot and raise awareness of best practice, providing services to couples and families, and disseminating our learning through academic and policy activities.

Our training programmes in couple and sex therapy range from introductory up to clinical qualification level. Our Clinical Qualification and Diploma level courses are accredited by the relevant bodies such as the British Association for Counselling and Psychotherapy, the British Psychoanalytic Council and COSRT.

Our London-based, national and international online clinical services offer affordable counselling and psychotherapy to people facing difficulties in their relationships and parenting. Our evidence-based, innovative projects such as Living Together with Dementia, Parents as Partners, Building Relationships for Stronger Families and Adopting Together have supported and improved the quality of relationships when most challenged.

Contact us:

10 New Street, London EC2M 4TP

020 7380 1975

info@TavistockRelationships.org

www.TavistockRelationships.org

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