

SURVIVING SEPARATION

FREE AND CONFIDENTIAL ONE TO ONE SESSIONS

- **SUPPORT FOR ANY PARENT BEFORE, DURING OR AFTER SEPARATION.**
- **SUPPORT TO RECOGNISE YOUR EXISTING STRENGTHS AND DEVELOP NEW COPING STRATEGIES.**
- **SUPPORT TO FIND ADDITIONAL INFORMATION AND RESOURCES.**
- **SUPPORT TO MANAGE PRACTICAL AND COMMUNICATION DIFFICULTIES.**
- **SUPPORT TO HELP YOU PROVIDE ONGOING EMOTIONAL STABILITY AND BEST OUTCOMES FOR YOUR CHILDREN.**

**FOR MORE INFORMATION OR TO
BOOK A PLACE**

CALL FREE 0808 8020 400

MON-THURS 9AM-9PM

FRI 9AM-5PM

SAT 9AM-1PM