

Kids Come First®

Separated Parent Support Workshops

What's it all about?

Kids Come First is a support forum for separated parents held within mindful, confidential group sessions. It's also a unique workshop of child-focused teaching material with specialist guidance & advice for more effective co-parenting. Professional trainers with experience in child counseling & family mediation present each workshop, delivering customised support for parents during this difficult time of family breakdown.

How do we help?

Becoming a separated parent is a dramatic change in anyone's life - it takes time to adjust and adapt. Parents often find themselves struggling to maintain a positive, effective co-parenting relationship with their ex-partner and this can have a negative impact on their children. By providing the right support & advice, at the time parents need it most, we help you cope - so your children can too!

What options are available?

Parents either choose to attend a group workshop separately or to book a private workshop to attend together if this is appropriate & beneficial to your situation.

How do I join a group or make an enquiry?

Email: kidscomefirstuk@mail.com or visit: www.kidscomefirstuk.co.uk. You can also call Nicola on **0778 949 7275** for an initial free and confidential chat.

Where & when are the workshops held?

We host our workshops in Hampton (TW12) which has good transport links for Richmond, Kingston, Hounslow as well as other Surrey & SW London boroughs. Group sessions are held on Tuesday eves 6-8pm to accommodate working parents but we also have daytime slots available for private consultations. The complete workshop is spread across 2 x 2 hour sessions (4 hours in total).

What is the cost?

Workshop fees (2 sessions): Group = £150; Private = £175 each payable on booking.

What if I am in court proceedings?

We aim to help parents keep family matters out of the courts wherever possible. Because everyone's situation is totally unique, we believe the workshop is relevant & valuable at any point in the process in understanding the needs of your children.

What if I live too far away to attend a workshop?

We offer **Separation S.O.S. mentoring** sessions to discuss current issues arising from your separation and help you deal with specific parenting concerns. We advise on managing conflict & also support you throughout any legal process you're experiencing.

Contact kidscomefirstuk@mail.com or call **07789 497275** for further info.
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