

Kids Come First®

Separated Parent Support Workshops

What's it all about?

Kids Come First offers specialist support to separated parents in **group sessions or private workshops**. Our unique, **child-focused teaching program** offers guidance on helping your children through the process and creating successful co-parenting partnerships. Our professional trainers have family mediation and child counselling experience, delivering customised support during the difficult time of family breakdown.

How do we help?

Becoming a separated parent is a dramatic change in anyone's life. Parents may 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. We provide the right support when parents need it most - helping you cope so your children can too!

What options are available?

Parents can choose to attend a group workshop individually or book a private workshop to attend together with the co-parent if they both agree to attend.

How do I join a group or make an enquiry?

Email kidscomefirstuk@mail.com or call **07789497275** for a confidential chat.

Where & when are the workshops held?

We hold our workshops in **Hampton** (TW12); **Hammersmith** (W6) and **Clapham** (SW4) at venues easily accessible for parents across London boroughs and in Surrey communities. We offer daytime, evening & Saturday appointments to accommodate working parents. For parents located further afield we are able to deliver support & training via Skype.

What are the costs?

The fee to join a **group** workshop is £150 per parent. If you prefer to book a **private solo** workshop the cost is £195 (2-2.5 hours). Our **joint co-parenting** workshops or consultations are charged at £150 per parent per session (approx. 2 hours).

What if I am in court proceedings?

We aim to help parents keep matters out of the family courts where possible. However, everyone's situation is totally unique so we focus on positive parenting and ensuring the workshop is relevant to you in understanding your children's needs.

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

You can access our **Separation S.O.S. coaching & mentoring** sessions via Skype as and when you wish to discuss issues arising from your relationship breakdown and dealing with all aspects of parenting. We advise on managing conflict and support you through any legal process you're experiencing. These sessions are charged at £70/hour.

Contact kidscomefirstuk@mail.com or call 07789497275 for info
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