

SURVIVING SEPARATION

FREE AND CONFIDENTIAL
ONE TO ONE SESSIONS



available from 9th January at a time to suit you

Support for any parent before, during or after separation

Support to improve communication and manage co-parenting arrangements

Support to source additional information and find other useful organisations

Support to help you provide ongoing emotional stability and best outcomes for your children

Support to recognise your existing strengths and to develop new coping strategies

ReACH Out

Zoom or telephone sessions available

Please contact us anytime by phone or via our website to arrange sessions or to find out more.

*We're here for you at Parentline to listen, support and advise.
Monday to Thursday 9am to 9pm. Friday 9am to 5pm. Saturday 9am to 1pm*