

Home-Start Essex in Uttlesford



Support and friendship
for families

Essex

Reducing Parental Conflict

What is the service?

The Parenting Together Support Programme may be able to help parents where stress and conflict are affecting the family. The programme offers parents support that suits their circumstances to work towards strengthening their parenting skills for the benefit of the children and address conflict within their relationship.

Who can use the service and is it free?

Programmes are open to all eligible parents, mothers and fathers and same sex parents. These opportunities are for couples who are together in a relationship or those who are separated. All interventions are free.

How is the service delivered and accessed?

- There are 2 types of intervention, provided by Home Start Essex in Uttlesford:
- Family check up: 4 sessions delivered in the home which includes videoed tasks and feedback about positive relationship factors as well as things that can be worked on
 - Parents Plus: Six week small group programme for separated parents which looks at practical steps that parents can take to help their children cope and thrive.

Go to next page to find contact details



Service Contact Details



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Offices

Home Start Essex in Uttlesford

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