



PARENTS PLUS

# Parenting When Separated

A practical and positive evidence-based course for parents who are preparing for, going through or have gone through a separation or divorce.

**A 6 week course taking place every Wednesday on zoom  
22<sup>th</sup> September to . 25<sup>th</sup> October**

**It will take place on zoom from 10am -12pm.**

**The course will be facilitated by Tricia Halligan and Kim Graham  
from East coast FRC.**

**For more information or to reserve your place, please contact:  
Tricia Halligan 0872183789 or Reception 0876443364**

**Limited Places**

  
**ParentsPlus**  
Empowering Professionals to Support Families

Parents Plus is an Irish charity that develops practical, evidence-based parenting and mental health programmes. We train professionals working with children and families to deliver the programmes in communities and clinical settings. Our programmes support families to communicate effectively, build satisfying relationships and overcome emotional and behavioural problems.

[www.parentsplus.ie](http://www.parentsplus.ie)