

Support for Parenting Relationships

If your relationship with a fellow carer is under strain then you can get some support for yourselves from the SIPCo project

SIPCo (Support for Inter-Parental Conflict) A Project to Improve Parents' Communication



- Do you have a child or children aged between 8 and 14?
- Do you find it hard to get on with your partner or your ex?
- Do you argue or shout at each other?
- Or have you stopped talking to each other because it's too difficult?

FREE support
available
for one or
both parents

Support is available for either one or both parents. The help on offer will either be relationship therapy (delivered by the couple therapy charity 'Tavistock Relationships') or a local practitioner will help you access online resources which can be used at your own pace.

Translation support can be provided

RELATIONSHIPS MATTER

Bristol City Council are running 2 online Microsoft Teams sessions - Thursday 27th June 2024 7pm to 7.45pm or Tuesday 2nd July 7pm to 7.45pm. To find out more about SIPCo or to sign up for the online info sessions please contact:-

Relationshipsmatter@bristol.gov.uk,
or phone Gina 07721 635376 or Helen 07721311726.

Scan QR code to find
out more

