

Training and resources to support healthier parental relationships in Gloucestershire.

## Level 1-2 Universal support

### websites and links

see it differently.org



click relationships.org



Glofamilydirectory parent page



Glofamilies practitioner page.



### Self-access to Online One Plus One e- learning guides for parents.

In Gloucestershire, parents now have free access to a great range of online self-help relationship guides with One Plus One. There are three to choose from, they are quick, confidential and simple to use and parents can take as long as they need and use them as often as you want to. There are videos of couples and situations to watch and easy activities to do to help you along. All they need is a smart phone, tablet, or laptop.

- Arguing better – for anyone looking to learn how to cope better with stress and deal with arguments in a healthy way.
- Me, You and Baby Too – to help new and expecting parents navigate the changes that happen in their relationship when a baby arrives.
- Getting it right for children – to help separated or separating parents learn to manage conflict and minimise the impact it has on their children.



parents scan here & sign up to 'southern England' – Gloucestershire'.



# Free new app for separated parents

## Separating better

your separation  
and co-parenting  
mobile companion

Download  
the FREE  
app now



oneplusone

## Features

- Self-guided support: Expert emotional advice and practical information on childcare and financial arrangements.
- Practical tools to help with budgeting and legal arrangements.
- A parenting plan which parents can create to suit the needs of their children.
- Videos to help parents to learn healthy conflict management and communication skills.
- Evidence-based, expert articles about separation and co-parenting.

There is also an emotional readiness quiz which parents can take to reflect on where they are in their personal separation journey.

Download the app for iOS



Download the app for Android





# Interactive parent group programmes



Parent groups are held online and can be booked through [familyinfo@gloucestershire.gov.uk](mailto:familyinfo@gloucestershire.gov.uk)



Parents intact



## Arguing Better

For parents that needs a little support to improve communication, work through stressful situations and learn to have difficult conversations together.



Separated Parents



## Getting it right for children

This course is designed to help separating parents communicate better for the sake of their children. As they go through, they'll see a series of video clips showing different scenarios where children are put in the middle of their parents' disagreements. They'll get to see what this is like for the parents and the children involved and will learn new skills that can help to resolve disagreements in a better way.



Separated Parents



## Triple P Transitions

Family Transitions is a group parenting programme for divorced or separated parents.

At Family Transitions sessions, parents will meet others going through many of the problems that come with divorce or separation. The Family Transitions Triple P provider will give parents new ideas, techniques, and strategies to help them through the day-to-day dramas and ongoing trauma of their situation. These ideas can help parents cope with stress, anger, and change, resolve conflict, and communicate better with their ex.