



## **PARENTS PLUS** **Parenting When Separated**

*A free 6-week online programme for parents who are preparing for, going through or have gone through a separation or divorce.*

*Topics include: Personal coping and stress management, helping your children cope with the separation, the impact of separation on children and dealing with challenges.*

**Date: 31<sup>st</sup> January-7<sup>th</sup> March 2023 (Tuesday evenings for 6 weeks).**

**Time: 7pm-9.30pm**

**Venue: Online Via Zoom**

**For more information, please contact, ring or text Joanne, Parenting Cavan Coordinator on 087 7529948 or email [parentingcavan@cld.ie](mailto:parentingcavan@cld.ie).**