

# Surviving Separation



Parentline NI is running FREE and confidential one to one sessions with Parent Support Officer Kathy

- Support for any parent before, during or after separation.
- Support to recognise your existing strengths and develop new coping strategies.
- Support to find additional information and resources.
- Support to manage practical and communication difficulties.
- Support to help you provide ongoing emotional stability and best outcomes for your children.

**When: Every Thursday in February and March**

**For more information or to book a place call free 0808 8020 400**



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