



Confidentiality

Relationships Scotland Orkney maintains the confidentiality of all clients. We do not share information about our clients unless we have significant safety concerns or are required to do so for other legal reasons.

What parents say about Parenting Apart:

I found this session hugely helpful. I learned a lot about communication strategies and what my child might be experiencing now.

The materials helped, both the information for parents and for children, which my son read and really took on board, to the degree that he would not allow any negative mentions of the other parent.



Inclusivity

Our services are free and accessible to all: we work with anyone in Orkney whatever their age, sex, gender, race, religion or beliefs.

Relationships Scotland Orkney

1st Floor Right
Kirkwall Travel Centre
West Castle Street
Kirkwall
KW15 1GU

Office hours:
Monday - Friday
9am-5pm

01856 877750
enquiries@rsorkney.org.uk
www.rsorkney.org.uk

Appointments may be available outside these hours by arrangement.

Services are provided free of charge unless otherwise indicated. Our funding comes from a variety of government and charitable sources, and we also rely on client donations to help with our running costs. Opportunities to make a contribution are available at each meeting should you wish to do so. Any contribution, however small, is very much appreciated.

We are grateful to the organisations who help us fund our services. For information on our funders, please visit our website: www.rsorkney.org.uk

Relationships Scotland Orkney is affiliated to Relationships Scotland, the national body for counselling, mediation and family support.



Relationships Scotland Orkney
Registered Scottish Charity No SC023164
Company Ltd by Guarantee 380628



Parenting Apart

Support for separating
and separated parents



“Parenting Apart has helped me find my feet and has helped us work together to support our daughter.”



Splitting up? Living Apart? Divorcing? Separating?

When parents decide to separate, there's a lot to think about in terms of how your family will adapt to these changed circumstances, and how you can support your children through this transition.

More than 1 in 3 children in the UK experience parental separation before the age of 16, and many adapt well to their changed family circumstances. How parents handle the separation makes a huge difference.

Where parents struggle to reach agreement, our Family Mediators can help them to discuss and agree arrangements for the children: e.g. how much time they spend with each parent, where they will spend the holidays, communication with schools and healthcare professionals.

In addition, we offer **Parenting Apart**, which provides parents with information and tools to help them through the process.



What does Parenting Apart involve

Parenting Apart supports parents to work together for their children after separation, when relationships can be strained. A trained worker (usually a Family Mediator) shares information about how parental separation can affect children at different ages and stages, and what parents can do to support their children at this challenging time.

The **Parenting Apart** facilitator can work one-to-one with individual parents, or with small groups of parents. Separated parents would be in different groups.

There are two sessions of approximately 1.5 hours, which look in depth at:

- what happens when parents split up and how this affects everyone in the family
- how children experience parental separation, at different ages and stages
- how to co-parent successfully post-separation, including how to manage communication and conflict with the other parent, and achieve joint decision-making for the children.

If parents wish to go further, we can offer additional Skills Development sessions and resources, depending on individual circumstances.



Who can attend and what does it cost?

Parenting Apart sessions are free and open to all separated parents, including single parents, heterosexual and same sex parents. Either or both parents can attend.

The sessions are tailored to the individual family circumstances (e.g. age and number of children) and give parents an opportunity to ask questions and explore their concerns.



When and where does Parenting Apart happen?

If you contact us about taking part, we will discuss whether you would prefer to attend individually or join a group. There can be advantages to group work as parents can share their experiences. Discussions are confidential and separated parents would attend different groups.



How do I sign up?

You can contact us by phone or email, using the details on the back of this leaflet. The sessions run regularly, and we will let you know when the next sessions are scheduled.