



## Strengthening parents programme

### Free support for military parents

Are you parenting with someone  
who you argue with a lot?

Is there conflict in your  
relationship?

Have you separated and you are  
struggling to co-parent without  
tension?

**We can help**

### Get in touch

[relationshipsolutions@relate.org.uk](mailto:relationshipsolutions@relate.org.uk)

[relate.org.uk/strengthen-parents](https://relate.org.uk/strengthen-parents)

THE ARMED FORCES  
COVENANT FUND TRUST

ROYAL NAVY &  
ROYAL MARINES  
CHARITY

Relate

HOME  
START  
South and West Devon

### Support is available

- For service personnel or those co-parenting with service personnel.
- For veterans (if you have left service within last year).
- For those parenting someone aged 17 or under (25 if registered as having a disability)
- For those experiencing conflict in the co-parenting relationship

## **Within my reach** for couples who are together

Within My Reach is designed to support parents to develop their understanding of each other, improve communication and work together to create a happy family environment. There are 5 group sessions covering family background, expectations, problem behaviours and communication danger signs.

## **Triple P** for separated or divorced parents

Triple P - Family Transitions supports parents to navigate the emotional challenges of separation and divorce. There are 5 group sessions. If you both want to undertake the programme, you and your ex-partner will attend separate groups covering divorce, coping with emotions, managing conflict and balancing work, family, and play.

## **Co parenting every day** for any parents who can work together

Co parenting every day (COPE) consists of seven sessions covering co-parenting expectations and experiences, the causes and triggers of family conflicts, communication styles, self-care, coping with stress, de-escalation techniques and understanding the needs of each other and your children.