

FAMILIES AND COMMUNITIES TEAM

## PARENT WORKSHOPS



### Parental Separation – Looking after yourself and your family

Visyon's Family and Community Wellbeing Team are pleased to offer a **90-minute Parent Workshop** which will explore Parental Separation. This workshop will look at how your children may be feeling and ways to support them. We will look at ways to take care of your own wellbeing and how to work together to support the whole family.

This workshop is available to families in **Cheshire East** and will be held **at Visyon in Congleton** for **face-to-face** delivery.

If you would like to book a place on the Workshop, please contact [FamiliesandCommunitiesTeam.uk](https://www.familiesandcommunitiesteam.uk) who will contact you with further details.

Places are limited and will be allocated on a first come basis.

#### Parent Workshop – Parental separation

- Tuesday 22 November 2022 at 10.30 am – 12.00 pm.

