

CHILDREN IN MIND

A three hour course for parents

Tuesday, 23rd September 2008
Wednesday, 24th September 2008

6:00 – 9:00 pm (with short break for refreshments)



Over 150,000 children are affected by divorce and separation each year and about one-third of all relationships end in separation or divorce.

It isn't easy for parents or children to go through the changes that breaking up can bring.

The Centre for Child Studies together with the Centre for Mediation and Conflict Resolution at The Institute of Family Therapy is among the first organisations in the UK to offer courses to separating and divorced parents.



- **Are you thinking of separating or are you already separated or divorced?**
- **Are you worried about doing the best for your children whilst coping with everything else in this situation?**
- **Would you like to hear about ways of managing and helping your family move forward?**

Our three hour course is going to look at:

- Talking to your children about separation and divorce.
- The effects of this life changing event on children and adults.
- Practical ideas on developing a co-operative parenting relationship with your ex-partner.
- How to deal with less than ideal situations.

In order to **reserve a place** please complete the booking form with your choice of date and send a cheque for £40 per place payable to The Institute of Family Therapy.

Feedback we get from parents who attend consistently confirms the importance of sharing their experience with others in a similar situation. Therefore we need a minimum of 6 participants to run any one evening. In the event of **cancellation** participants will be offered the next available date.

BOOKING FORM FOR "CHILDREN IN MIND"

In order to reserve a place please complete the following with your choice of date and send a cheque for £40 per place payable to The Institute of Family Therapy.

If you have any questions please telephone the Institute of Family Therapy, Tel: 020 7391 9150 or visit our website at www.ift.org.uk

CHILDREN IN MIND

Name: _____

Address: _____

Phone: _____

Email: _____

£40 Cheque enclosed

Date you would like to attend

Tue, 23rd September 2008

Wed, 24th September 2008

In order to help us make the evening as relevant for you as possible please will you provide the following confidential information:

Where are you in the process of separating?

▪ Not decided, but thinking about it?

Yes

NO

▪ Still living together having made the decision to separate?

Yes

NO

▪ Already separated? For how long?

▪ Divorced? For how long?

Ages and gender of your children?

Does your partner/ex-partner know about the sessions?

Yes

NO

Could you please tell us your partner/ ex-partner's name? (this is optional but would help to prevent us accidentally booking them on to the same course.)

Are there any issues of safety of which we should be aware?

How did you hear about us?

Please return this form with your payment to: Children in Mind, Institute of Family Therapy, 24-32 Stephenson Way, London NW1 2HX Fax: 020 7391 9169 Tel: 020 7391 9150.