

Free Relationship Support For All Hertfordshire Residents

Family and Health Services Commissioning offer training, resources and courses for parents and carers to support the reduction of parental conflict and improve outcomes for children impacted by conflict.

Courses

Courses are for all Hertfordshire residents and include:

Parenting When Separated: 6 week group based course for separated parents that focuses on the emotional impact of separation and supporting communication between co-parents

We have 2 day time courses confirmed and a further 2 evening course dates being planned:

Online course starting on Tuesday 3rd September until 8th October 10-12:30

Face to Face course to be held in Stevenage (venue tbc) starting on Thursday 17th October until the 28th November (excluding 31st October for half term) 10-12:30

We accept self-referrals and professional referrals [Parenting When Separated Referral Form \(hertfordshire.gov.uk\)](#)

* please note that the referral form includes a circumstance questionnaire so will need to be completed with the parent/ carer being referred.

OnePlusOne's digital interventions: 3 online courses aimed at new parents, intact parents and parents that are separated.

We have practitioners trained across the Family Centre Service and Local School Partnerships that can support parents and carers through the digital resources or parents can be signposted through the [Relationship support for parents | Hertfordshire County Council](#)

Relationship support for parents and carers of children with SEND – 2 online courses delivered by Family Lives for separated and intact parents and carers of children with SEND.

If you're a parent of a SEN child or a professional referring [Complete a Family Lives referral form](#)

Alternatively, get in touch via:

Email: services@familylives.org.uk

Phone: **0204 522 8700** or 0204 522 8699

Stronger Relationships – 6 week online course delivered by the Race Equality Foundation to support separated and intact parents and carers, courses are also offered in other languages

Further details and how to refer can be found on the [Relationship support for parents | Hertfordshire County Council](#) or [register for a free SFSC account](#).

Professionals Training: Training on OnePlusOne's digital offer to support professionals to feel more confident to identify conflict and use the digital resources to support parents and carers improve their relationship quality.

If you would like to access this training for free please contact

EHCommissioning@hertfordshire.gov.uk