

Support for Inter-Parental Conflict (SIPCo) A Project to Improve Parents' Relationships

Do you have a child or children aged between 8 and 14? Do you find it hard to get on with your partner or your ex? Do you frequently argue or shout at each other? Or have you stopped talking to each other because it's too difficult? If so, then this SIPCo project could help.

Whether you are with your partner or have separated, are an LGBTQ+ parent, a parent in an extended family, or any other group, we are looking for parents and carers who live in Dorset, BCP (Bournemouth, Christchurch and Poole) and Bristol who:

- have a **child aged 8-14**
- are **getting into conflict** with a partner or ex-partner
- are **willing to try something new** to help reduce their conflict.

This project (called SIPCo) aims to help you learn how to reduce the amount of conflict between you and your partner, or your ex.

The help on offer will either be relationship therapy (delivered by the couple therapy charity Tavistock Relationships) or access to some online resources with local support for reducing parental conflict.

The project is trying to compare the two types of support, so parents will be provided with one or the other. We expect both kinds of support to be helpful for families.

In the relationship therapy sessions (which will take place online), a therapist will help you and your partner/ex to communicate better, while the online resources are programmes that you will work through at your own pace with the support of a locally trained professional.

If you are interested, please get in touch using the details below. Referrals are open now.

FREE support
programme
available for
parents in
conflict



For more information contact

Dorset:
Simone Kettle

01305 224252

relationshipsmatter@
dorsetcouncil.gov.uk

dorsetcouncil.gov.uk

**Bournemouth, Christchurch,
Poole (BCP):** Jessica Lanham

01202 127553

jessica.lanham@
bcpcouncil.gov.uk

bcpcouncil.gov.uk

Bristol:
Gina Pazienza

07721 635376

relationshipsmatter@
bristol.gov.uk

bristol.gov.uk