

## 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 find out which works best, so parents will be signposted to one or the other.

The relationship support sessions (which will take place online) 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

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