

PARENTING APART

What is Parenting Apart?

"A small group 3-hour workshop facilitated by mediators from Family Mediation Central Scotland for separated and divorced parents who have children.

Why should I attend

You will learn about strategies to help reduce conflict and answer some of the tough questions that your children will ask

The workshop is free to attend and will take place at

Strathcarron Hospice, Randolph Hill, Denny, FK6 5HJ in the Devon Room Friday 9th December 2022 – 10.30am-1.30pm Refreshments will be provided

Please RSVP if you would like to attend this session by contacting Justine Nicolson on 07495 977689 or email <u>Justine.Nicolson@nhs.scot</u> no later than Monday 5th December 2022

