

14. RELATIONSHIP SUPPORT FOR HERTFORDSHIRE PARENTS AND CARERS

INFORMATION

MAINTAINED SCHOOLS / ACADEMIES / MULTI ACADEMY TRUSTS / SCHOOL NURSERIES

Author: Nicola Wilder

Contact: Nicola.Wilder1@hertfordshire.gov.uk 01442 454297

Separation or divorce can be a challenging time for families. Hertfordshire County Council have funded a workshop and courses to support parents navigating separation or divorce.

Article Content:

We offer a range of resources and interactive courses to help parents improve their relationships and manage disagreements constructively.

These courses aim to empower parents with practical advice and coping strategies:

 To navigate unique challenges of parenting a child with a SEND and creating a cohesive co-parenting relationship How to register Complete the Parenting When Separated for Parents of SEN Children referral form. Email: services@familylives.org.uk Phone: 0204 522 8700 or 0204 522 8699	Online	Parenting When Separated programme for parents with children with SEN	13.10.2026– 24.11.2026 9:30–11:30am
	Online	Parenting When Separated programme for parents with children with SEN	14.10.2026 – 25.11.2026 7:00–9:00pm
 A workshop designed to support separated/divorced parents and protect parent-child relationships. How to register	Online	Parental Alienation Workshop	27.11.26 9:30– 11:30am 3.12.26 – 7:00- 9:00pm

Complete the Coram Family Lives - Parent Alienation Workshop Referral Form Email: services@familylives.org.uk Phone: 0204 522 8700 or 0204 522 8699			
 How to register You can get started with this digital course by registering for a free OnePlusOne account at www.hertfordshire.gov.uk/relationshipsupport	Online	Arguing Better <i>This course is for any parent ready to learn how to cope better with stress and deal with arguments in a healthy way</i>	Self-directed digital course
	Online	Me, You and Baby Too <i>Learn how to navigate the changes that happen in a relationship when a baby arrives</i>	Self-directed digital course
	Online	Getting It Right For Children <i>Learn how to develop positive communication skills that enable you to parent co-operatively and work out solutions together.</i>	Self-directed digital course
Parenting When Separated Discover practical steps to help your child cope during or after separation while reducing conflict, managing stress, and improving communication with your co-parent. How to register Complete the Parenting When Separated referral form	Online	Parenting When Separated	30.09.26 – 18.11.26 10am-12:30pm

For more information go to [Relationship support for parents | Hertfordshire County Council](#).