

Being Parents First



Have you just left prison and want a fresh start for your family?

It's not always easy, but we can help.

Being Parents First is a **free** service that can **improve communication** with your partner or ex



making life happier for you and your kids.

We're here to help if you left prison in the last **six months**, have at least **one child** aged between five and 16 **and live in East Sussex or Kent.**

Even if you don't live together, getting on with your partner or ex

will help your kids now and in the future.



You'll get **free counselling** from experts Relate to improve how you communicate **and make life better for everyone.**



Relate is the leading relationships charity. We offer counselling, information, mediation and support to individuals, couples and families of all backgrounds and sexualities. **Last year we helped more than two million people.**

Interested? Here's how...



Get in touch



Short phone questionnaire



Visit local Relate centre



Attend some counselling sessions



Final appointment



Certificate of completion

So what's next?

STEP 1

Contact us...

visit: relate.org.uk/being-parents-first

email: beingparentsfirst@relate.org.uk

phone: 0300 003 0270

...and talk to your Probation Officer

STEP 2

We'll call you to ask some questions

STEP 3

Talk to us at your local Relate Centre with your partner or ex-partner and children

STEP 4

Have up to eight counselling sessions with your partner or ex-partner, at the Centre or via video

STEP 5

Come to a final appointment at the Centre with your partner or ex-partner and children

STEP 6

Parents will get certificates to show you've finished the programme and children will get stickers

