

STEP PARENT SUPPORT GROUP

ARE YOU A STEP PARENT?

If so, why not join Relate's support group sessions to talk about your experiences with like-minded people who are in similar situations?

We are running an 8 week programme for individual step parents. Each week various aspects of the step parenting experience will be explored, including:

- Understanding and managing feelings
- Improving communication
- Bonding with step-children
- Roles and rules, who is responsible for what?
- Your relationship
- Balancing everyone's needs
- Looking after yourself
- Developing supportive networks

Each session will start with a topic led by a facilitator and then you'll have the chance to discuss this further with the group. Refreshments will be available and the group sessions will run over 2 hours.

Who is the group for? Anyone who is a step-parent or in a step-parenting role, whether you are new to parenting or have children of your own. You may have full or part time experience in this role and are adjusting to the role of living with your partner's children. You will want to gain greater understanding of the step-parent role, and how to manage it, bringing your own experience to the group.

What will I get from the group? A chance to explore relevant challenges and situations with a trained facilitator and peers, to learn from each other, gaining support from the group.

How do I register? Please telephone 0121 643 1638 for our information pack and booking form. Or email us at info@relatebirmingham.co.uk or write to us at the address below.

Venue: 111, Bishopsgate Street, Birmingham B15 1ET

Start Date: Wednesday 18 January 2012, 6:30pm – 8:30pm

Please note: a small charge of £5 is payable prior to each session to secure your place and covers room hire, facilitator charges and refreshments.