

# Are you Separated or Separating?

**Worried about your child getting caught in the middle? Family Transitions Groups can help**



**What parents have said -**

**“Has had significant benefits and an insight into how to overcome challenges with co parenting”**

**“The teachers (course leaders) were kind, thoughtful, helpful and supportive”**

**Completely Free! Five week online course.**

**One session per week.**

**Monday 3rd June 09:30-11:30**

**Wednesday 5th June 18:00-20:00**

**Thursday 6th June 12:30-14:30**

**Monday 10th June 10:00-12:00**

**To book contact [roxanne.mcdowell@norfolk.gov.uk](mailto:roxanne.mcdowell@norfolk.gov.uk)**