

# Support for Inter-Parental Conflict (SIPCo)

## A Project to Improve Parents' Relationships



**FREE**  
support  
programme  
available for  
parents in  
conflict

- Do you have a child or children aged between 8 and 14?
- Do you find it hard to get on with your partner or your ex?
- Do you frequently argue or shout at each other?
- Or have you stopped talking to each other because it's too difficult?
- Are you willing to try something new to help resolve your conflict?

If so, then this SIPCo project could help.

Referrals can be taken from both parents or one parent. The help on offer will either be relationship therapy (delivered by the couple therapy charity Tavistock Relationships) or access to some online resources with local support for reducing parental conflict.

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 [bcpcouncil.gov.uk/healthyrelationships](https://bcpcouncil.gov.uk/healthyrelationships)

When you apply, your details will not be shared with anyone else.

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find out more

