



One Family offer free confidential supports to families separating, particularly families in conflict.

For more information contact:

 **tel:** 01 662 9212

 **lo-call helpline:** 1890 662 212

 **e-mail:** info@onefamily.ie

 **website:** www.onefamily.ie

Address: One Family 8, Coke Lane,
Dublin 7, Ireland D07 EN2Y

Supported by



Referrals: Parents are welcome to refer themselves to the service or professionals working with families can refer to the service if they feel a separating family would benefit from added support. For referral forms please visit www.onefamily.ie and click on supports.

SEPARATING WELL FOR CHILDREN

Specialist support services for families experiencing conflict



Separating Well for children

Are you having difficulty sharing parenting, arranging access, agreeing maintenance? Are you worried about supporting your child (ren) through change or communicating with their other parent(s)? If so, One Family understands and offers a range of specialist supports to help you and your child.

We offer supports that can meet the needs of parents and children as they move through family separation into shared parenting and new family forms. We support parents to develop the confidence they need to guide, support and communicate with their children throughout all these changes.

The service can work with both parents and their children in a supportive, non-judgmental way, at the family's own pace. Our experienced staff can help guide parents through the many challenges you may encounter as you separate into two homes, establish new routines or share parenting of a newborn. Our goal is that children in separated families will feel more secure, have good self-esteem and will feel more comfortable about their new family situation. With a strong focus on sharing parenting well after separation, you will be encouraged to focus on the needs of your children rather than the issues you may have with the other parent. This will help you to move forward with a shared plan around parenting your children.

The services we offer include:

- **Assessment** of the needs of your family.
- **Counselling** for individual adults, both parents together and teens.
- **Creative therapies** for young children and young people from four years of age up to teens.
- Group based **parenting supports** focused on shared parenting and parenting after separation:
 - › Family Communications – Parenting When Separated
 - › Family Communications – Parenting Teens
 - › Positive Parenting For Changing Families
 - › Self Care and Personal Growth When Parenting
 - › Parenting Through Stressful Times
 - › Parents Under Pressure
- **Individual parent mentoring** and key-work to explore the challenges of working through the family transitions.
- **Mediation** service for parents and for family members.

Who we are:

One Family was founded in 1972 as Cherish and is Ireland's organisation for people parenting alone, sharing parenting and separating. As a registered charity, we offer support, information and services to all members of all one-parent families, to those sharing parenting, to those experiencing an unplanned pregnancy and to professionals working with one-parent families. Children are at the centre of our work and the organisation helps all the adults in their lives, including mums, dads, grandparents, step-parents, new partners and other siblings, offering a holistic model of specialist family support services.