

We have a helpline, support group meetings across Scotland with solicitors, WhatsApp peer support groups, training courses, and lots of free, useful information on our website.



www.sharedparenting.scot



0131 557 2440
Mon - Fri 9am - 5pm



info@sharedparenting.scot



@SharedParentingScotland



@SharedParentSco



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10 Palmerston Place
Edinburgh EH12 5AA

We put the best interests of the



at the heart of everything we do

- **CAMPAIGNING** for changes in law and legal procedures to support equal parenting
- **HELPING** and supporting parents to resolve disputes and put their children first
- **INFORMING** and educating professionals about latest research
- **LISTENING** and providing support and assistance on our helpline
- **DEVELOPING** a range of training programmes to assist separated parents

*Scottish Charitable Incorporated
Organisation SC042817*

**SHARED
PARENTING
SCOTLAND**

**SEPARATED?
NEED HELP
WITH SHARED
PARENTING?**



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Love, Loss & Living

Manage the emotions of being separated from your child

An interactive, 6-week free online course to help you understand and manage the grief of being separated from your children.

The course incorporates video and online learning material with three in-person coaching sessions. Sign up through the QR code below.



Sign up through QR code below



"It has helped me focus on the importance of my own wellbeing and see my situation in a more fluid manner."

Quote From Father on Pilot Session

NEW WAYS FOR FAMILIES®

Online training course for separated parents, including one-to-one coaching sessions to practice new skills.

COST £295 (subsidised rate or instalment payments available) - save money on costly legal fees long-term

TIME Approx. 12-18 hours at your own pace



Sign up through QR code below



"I really wish I did the New Ways for Families® course before commencing the court process"

Parent on the New Ways for Families® SPS Pilot

Armed Forces & Veterans Support

Parents who serve or have served in our Armed Forces face unique challenges.

We support these parents through our helpline and build links for them with other military and veterans organisations.



Learn more through QR code below



Supported by

