

Your local NFM service:

About NFM

NFM is a network of local not-for-profit Family Mediation Services in England and Wales which offers help to couples, married or unmarried, who are in or have been through the process of separation and divorce.

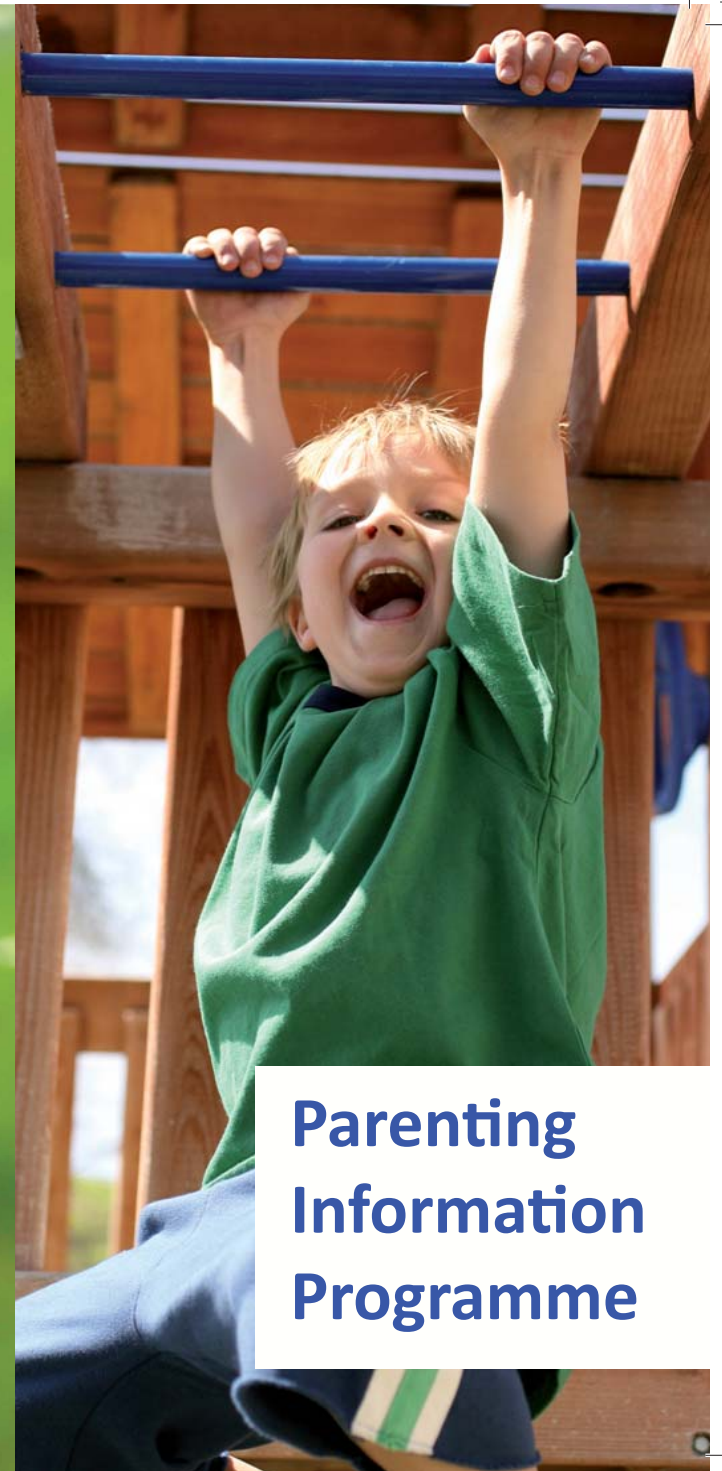
NFM mediators help clients to reach joint decisions about the issues associated with their separation - children, finance and property. Several NFM services also provide specialist services for children. NFM has well established quality assurance standards. Our mediators are carefully selected and trained to a high standard nationally.

For more information please visit our website:

www.nfm.org.uk
Tel: 0300 4000 636



National
Family
Mediation



**Parenting
Information
Programme**



What is PIP - Parenting Information Programme?

It's designed to help you learn more about the challenges of post-separation parenting. It provides advice and guidance about how best to help yourself and your children in this situation.

This programme is offered to parents who are currently applying to the courts for contact.

Most parents who go on the course say they find it very helpful.

How long is the course?

The course is 4 hours long.

Normally run as 2 x 2 hour sessions on consecutive weeks.

How much will it cost?

The course is FREE of charge.

Who will be on the course?

It is usually delivered to a group of up to 12 parents who are also going through the court process.

Separated couples do not go on the same course. However it is important that both parents attend the full course.

Who will be delivering the course?

The course is run by NFM accredited family mediators.

Trainers understand both the potential legal consequences of family breakdown and the complex and diverse emotional needs of families at this time.

The Course

This course broadly focuses on the following key areas:

- The legal, financial and emotional processes you will be experiencing.
- Understanding more about how your children may be responding to your separation / divorce.
- Improving communication with your ex-partner to help you with your future parenting.

You will also explore how to identify helpful support structures.

What happens now?

After the Judges direction, we will contact you to attend one of our programmes.

And after the course?

The NFM service will inform the court that you've attended the programme.

No other information will be passed on.

The PIP can be a good foundation for family mediation. We are happy to discuss this with you.