



**GUERNSEY CHILD
CONTACT CENTRE**

Children First Guernsey and Alderney Children Contact Services

Supervised, Supported, Outreach, Handover
Guernsey Registered Charity Number: CH356

Guernsey: Roseville: Petit Bouet: St Peter Port:
GY1 2BY



Here to help you to support
your child through the
process of separation

Telephone: 01481 726473
Mobile: 07781 400367
E-Mail: childrenfirstgnsy@gmail.com

About the course:



Separation and Divorce affects both adults and children.



During this time of stress it is easy to forget your children are going through this process too.

Whilst you are no longer partners you are still parents.



Children cope much better when the adults around them are in control and there is low conflict

We suggest ways to communicate and minimize conflict

The Course



We run the course with two facilitators in small groups

You will attend on separate days to your ex-partner

You will attend the course on two consecutive weeks



When? Tuesdays 6:00pm - 7:30pm

Where? Roseville Community Centre

How?

Telephone: 01481 726473

Mobile: 07781 400367

E-Mail: childrenfirstgnsy@gmail.com