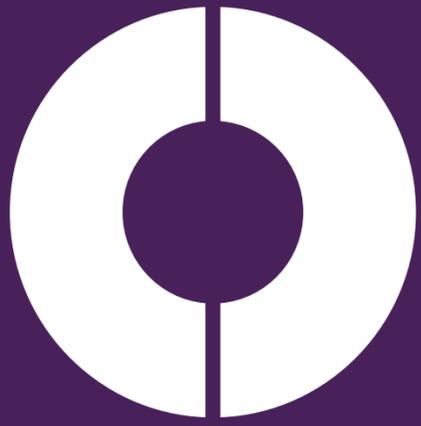


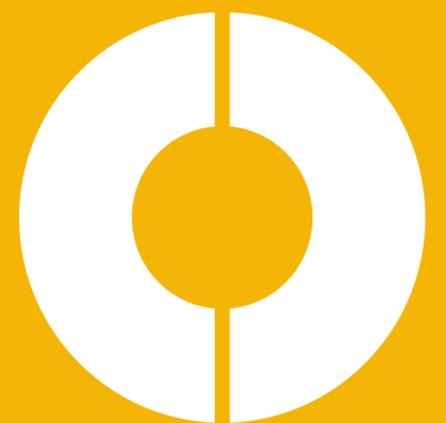
**Did you know  
you can get FREE  
relationship  
support from  
your local  
Family Hub?**

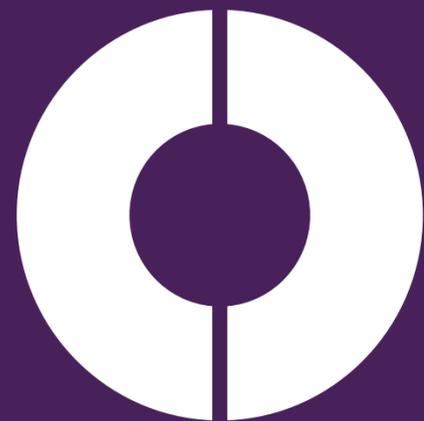




**Online courses**

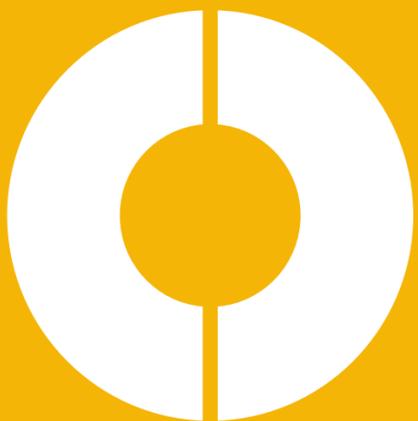
# Group or private support sessions

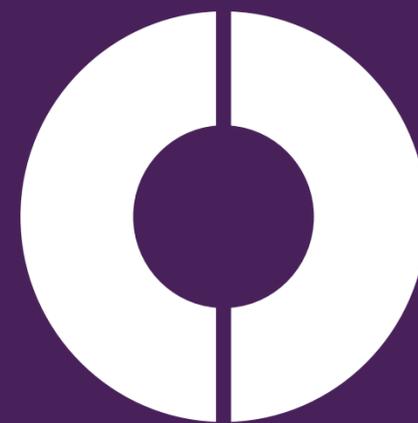




**Help with  
parenting together**

# Help with parenting after separation





**Contact your local  
Family Hub for more  
information, or visit**

**[www.oneplusone.org.uk/parents](http://www.oneplusone.org.uk/parents)**

***Getting on Better***

**helps you get on in life.**