

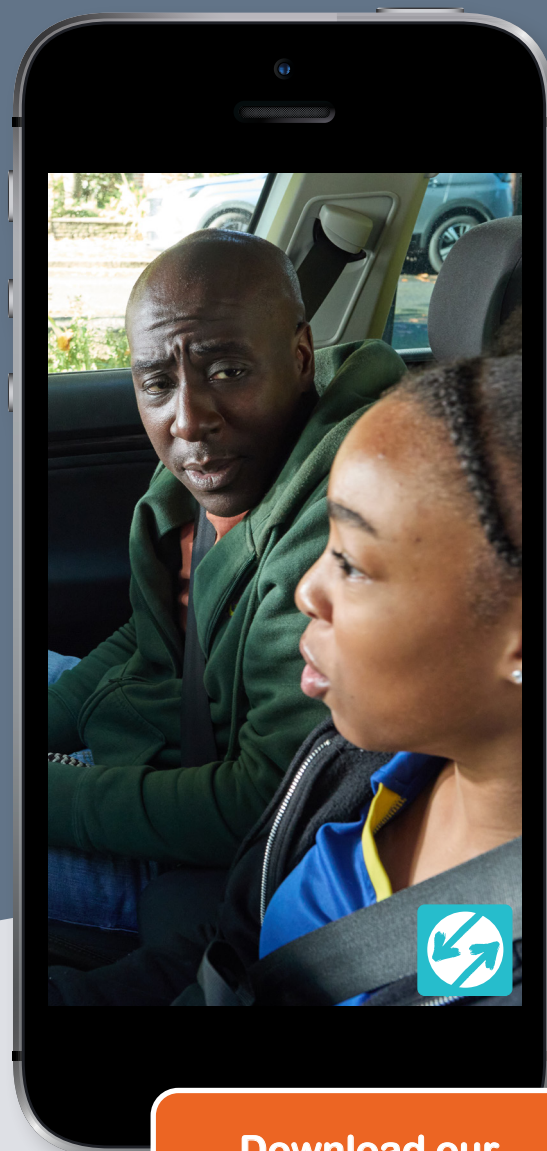


Discover Separating better your co-parenting companion

**Are you a parent who is navigating life changes?
Our FREE app is just for you.**

What *Separating better* offers:

- **SELF-GUIDED SUPPORT**
expert emotional advice and practical tips such as childcare and financial arrangements
- **PROGRESS TRACKING**
easily monitor your journey and achievements as you navigate separation
- **EMOTIONAL READINESS QUIZ**
get a sense of where you are in your separation journey with our quiz
- **CO-PARENTING TIPS**
stay organised and communicate effectively with your co-parent



Download our
FREE app and start
your journey on a
healthier path

Visit
[oneplusone.org.uk/
separating-better](https://oneplusone.org.uk/separating-better)
or scan the
QR code

