

Parent Relationship Support

Do you recognise any of these things in your relationship?

- Worry about splitting up or a separation
- Arguing, having rows, shouting all the time at each other about things like money, how you parent or housework
- Sulking, giving each other the silent treatment, slamming doors or walking away from each other
- Being anxious or worried which is stopping you managing every day life
- Using hurtful texts , emails or social media platforms against each other

How to argue better

A 3-week practical course for parents who are in a relationship. While arguments are normal in families, when they are frequent, intense and unresolved, they can have a negative impact on children. This course gives both parents tools to improve communication and their relationship. This course must be attended by both parents/carers.

Parenting when separated

A practical and positive course for parents who are preparing for, going through or have gone through a separation or divorce. The course aims to empower them to find their own solutions to common challenges and problems in order to help reduce the impact upon their children. The course must be attended by both parents.

To find out more or to access the referral form, go to www.togetherforchildren.org.uk and search 'Early Help' or call Together for Children on 0191 520 5553.

