



Stronger Relationships – Online 6-week course

Stronger Relationships Online course, delivered by Race Equality Foundation who are the awarding organisation for this course.



They run this course throughout the year, with different slots available to register parents.

Aimed for parents co-parenting or living apart and to help improve their understanding and communication, especially when both parents have different parenting styles. Aimed at reducing parental conflict

★What's included in the online course ★:

- 6 flexible online sessions you can do anytime
- 6 weekly group discussions with expert support
- Videos, quizzes, and interactive activities
- Practical strategies and child development information
- A certificate of completion

★Topics we'll cover★:

- Healthy adult relationships
- Identifying and managing disagreements
- Understanding how conflict affects your children
- Enhancing parent-child relationships
- Managing stress, anger, and emotions
- Strategies to resolve conflict and create a parenting agreement



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What does the course entails:

- ⊕ Parents will be able to join the online course by being registered.
- ⊕ Consists of 6 online sessions that they can complete at their own pace.
- ⊕ It also contains 6 online discussions.
- ⊕ Parents can choose to join either the morning or evening discussion slots.
- ⊕ Parents will need to complete both the 6 online sessions and the 6 discussion sessions in order to gain a certificate.
- ⊕ Course is only free for parents residing in Waltham Forest.

Please note: Both parents will need to be registered separately in order for them to receive their own certificate

