

Online Course

Stronger Relationships



For parents and other adult carers living together or apart; **group starting Tuesday 1 September at 10:00am**

- Feel more confident as a parent
- Build stronger family relationships
- Create a calmer home for your children
- Work together more positively as parents
- Strengthen your relationship with your child
- Practical support that fits around your schedule



6 online sessions



6 group discussions



Certificate on completion

What to expect...

- Reduce conflict and improve communication
- Strengthen your relationship with your child
- A Safe and supportive space without judgement
- Calmer, more confident, more connected
- Flexible online sessions that fit around family life

Topics covered...

- Improving communication and relationships at home.
- Practical ways to manage conflict and disagreements.
- Understanding how conflict can affect children.
- Finding healthier ways to communicate and co-parent.

Group discussions...

Ask questions and get support from experienced facilitators

Talk about what's working well and where things feel difficult at home

Learn practical strategies from other parents and carers

Feel supported in a safe and non-judgemental space

Find out more or register for the course by scanning the QR code or emailing us at: **sfscparent@racefound.org.uk**



strengthening families
strengthening communities