Nottinghamshire

Family Hub Network



Relationships Really Matter parent and carer group

This course offers support and practical resources to help parents and carers understand conflict and strengthen communication when parenting together or apart.

Free
Four-session online group

Session 1 – What are disagreements and arguments?

- Explore different types and reasons for disagreements and arguments in parental relationships, and the impact on children

Session 2 – What are the triggers of disagreements?

- Understand relationship stages, common conflict triggers and different communication styles.

Session 3 - How to communicate and negotiate effectively

- Learn skills to support positive communication and negotiation to improve family relationships.

Session 4 - What's next?

- Reflection on the programme, self-care, support networks and next steps.

To register for a place on the group, contact your local family hub, school, or email: **ReduceParentalConflict@nottscc.gov.uk**

For further information simply scan the QR code or visit yournottsdirectory.org. uk/children-and-families/support-for-families/relationshipsmatter



Helping families get the right support at the right time

EMPOWERING PARENTS EMPOWERING COMMUNITIES

Nottinghamshire County Council