



All families argue ...
But do you want to make **changes?**
Do you want to make sure that
grown-up arguments and worries
don't affect your whole family?

Relationships Really Matter Parents / Carers Group

offers support and resources to parents / carers to understand conflict and how to strengthen communication when parenting together or apart .

Free 4 session online Group provided by Nottinghamshire County council.

Session 1 – What are disagreements and arguments?

- Content – what are the types and reasons for disagreements and arguments in parental relationships, and what is the impact on children?

Session 2 – What are the triggers of disagreements?

- Content – exploring the stages of relationships, common triggers of conflict and different communication styles.

Session 3 - How to communicate and negotiate better

- Content – Exploring skills to communicate and negotiate more positively to improve family relationships.

Session 4 - What's Next?

- Content – reflection of programme, self-care and support networks and next actions



Further information about parental communication is available via the link or QR code:- www.nottshelpyourself.org.uk/relationshipsreallymatter

To register for a place on the group please contact your local family Hub , school , worker or contact the Reduce Parental Conflict team via our email at :-

ReduceParentalConflict@nottsc.gov.uk