




Relationships Matter

(Promoting Healthy Relationships)

Most relationships have their ups and downs, and disagreements and arguments are normal. But arguments between parents that are intense, hostile, and poorly resolved can be harmful to their children. This training aims to equip practitioners with the digital resources provided by OnePlusOne that are designed to help parents reflect on conflict in their relationship with current or ex-partners, as well as the  impact on their children:

As part of our Reducing Parental Conflict project, we are really excited to launch three online courses for parents.

- ⇒ **Me, You and Baby Too** – for parents adjusting to the arrival of a baby
- ⇒ **How to Argue Better** – for any couple who want to explore how they can improve their communication and ways of dealing with stress together
- ⇒ **Getting it Right for Children** – for couples who are separated or working through a separation

The courses are online but we want parents to be supported to complete the courses by their lead professional or support worker.

Interested to know more? Please join us for training by booking one of the sessions below:

Date	Time	Venue & Link to Book
Tuesday 8th November 2022	9.00am—11.30am	Microsoft Teams
Wednesday 16th November 2022	9.00am—11.30am	Microsoft Teams
Wednesday 7th December	9.00am-11.30am	Microsoft Teams