Stronger Relationships
Online Course

For parents and other adult carers
living together or apart

SFSC
Stronger Relationships

- Do you want to get some new ideas to help you be an even better parent ?
- Would you like to reduce the arguments and disagreements in your family and cope better with stress?
- Would you like to enhance your relationship with your current partner, or improve communication with your ex or the other people helping to raise your children?
- How about learning at a time that suits you?

6 online sessions

6 group discussions

Certificate on completion

Information on strategies to identify and reduce arguments

Hear from other parents and carers

Downloadable worksheets and handouts

Videos, quizzes and interactive activities

Do sessions at a time that works for you

Weekly support from our course experts

TOPICS COVERED

- 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

GROUP DISCUSSION

- Speak to a course expert and get answers to some of the questions you might have
- Talk about how the strategies are going at home and how to adjust them for you
- Address other difficulties relating to your relationships
- Hear from others about what works for them

Find out more or register for the course:

sfscparent@racefound.org.uk

www.strengthening-families.net

strengthening
families
strengthening
communities

SFSC
Stronger Relationships

STEP 01

Go to
https://strengthening-families.net/reducing-parental-conflict/

STEP 02

Select a course, either:
- parenting and living together
- parenting and living apart

STEP 03

Select a day of the week and select a time for your group discussion

STEP 04

Complete your contact details

STEP 05

Answer a short questionnaire

STEP 06

Click on 'your profile 'and you can start your course

If you need any help, email us at sfscparent@racefound.org.uk
or call us on 07708360561

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