



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

FREE 4-session Online Group

provided by Nottinghamshire County Council

Session 1: What are disagreements & arguments?

- content: the types and reasons for disagreements and arguments in parental relationships, and the impacts on children.

Session 2: What are the triggers of disagreements?

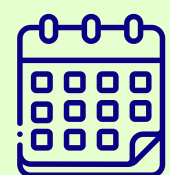
- content: exploring the stages of relationships, common triggers of conflict and different communication styles

Session 3: How to communicate and negotiate better?

- content: learning skills to communicate and negotiate more positively to improve family relationships

Session 4: What's next?

- content: further actions, care and support



Wednesday 19 July

Wednesday 2 August



6:00 - 7:30 pm



For further enquiries, email ReduceParentalConflict@nottscc.gov.uk

Wednesday 26 July

Wednesday 9 August