



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 effectively

- Content – Learning 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.

To register for a place on the group please contact your local family Hub , school, or the Reduce Parental Conflict team via our email - ReduceParentalConflict@nottsc.gov.uk



Further information about parental communication is available on our website via the QR code or link below -

www.nottshelpyourself.org.uk/relationshipsreallymatter