

Stronger Relationships Online Course

For parents and other adult carers
living together or apart



- 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



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

STEP 01

STEP 02

Select a course, either:

- parenting and living together
- parenting and living apart



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

STEP 03

STEP 04

Complete your contact
details



Answer a short questionnaire

STEP 05

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