



Healthy Relationship Reducing Conflict Workshop:

Are you experiencing conflict within your family relationships, including between Parent/Carer & between Child and Parent?

Conflict within the family can be stressful, overwhelming, and damaging to family relationships. This practical and supportive workshop is designed to help parents and families understand and reduce conflict between parent/carers and between child-to-parent.

In this workshop, we will:

- ☒ Explore how conflict exists and develops in families
- ☒ Identify triggers that escalate arguments and aggression
- ☒ Examine the impact of conflict on children's wellbeing and development
- ☒ Learn strategies to reduce conflict and improve communication
- ☒ Strengthen family functioning and relationships

By the end of the workshop, you will leave with practical tools and strategies to manage conflict more effectively, build healthier connections, and create a calmer, more positive home environment.

The workshop will be delivered Online across three 1-hour sessions

- ☒ Monday 9th November @ 10:00am
- ☒ Monday 16th November @ 10:00am
- ☒ Monday 23rd November @ 10:00am

Places are limited – to secure your place please email

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