

# 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](mailto:sfscparent@racefound.org.uk)

[www.strengthening-families.net](http://www.strengthening-families.net)

strengthening  
families  
strengthening  
communities