



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



Thursday 18th January , Thursday 25th January
Thursday 1st February , Thursday 8th February



All sessions 6pm – 7.30pm

For Further information or to register for a place on the group please contact us via email at:



ReduceParentalConflict@nottsc.gov.uk