Understanding Your Relationships

For Adults who are or were in a relationship and where arguing is frequent intense and poorly resolved

FREE ONLINE Course



Written by Psychologists, Psychotherapists, and Parental conflict experts

Go to:
www.inourplace.co.uk
Click 'START NOW'
type this access code:
WALSAPARNT
Fill in your details, to register & sign in to return to the course any time sign in to
www.inourplace.co.uk

When parents show empathy, understanding and listening skills and think about compromise, resolution or agreeing to disagree arguments can have a positive effect on themselves and their children.

PROOF

For more information on parenting support in Walsall please visit:
https://go.walsall.gov.uk/children_and_young_people/early_help/early_help_for_parents/parenting_support

Walsall Council

Walsall Right 4 Children

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

NHS

PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE

11 Modules
Covering 84 Units

Part of the Solihull Approach series, lifetime access Available 24/7

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www.inourplace.co.uk
Click 'START NOW'- fill in your details, to register & sign in
Scroll down & find 'Understanding Your Relationships'
Click on 'Take course'
Click 'Already have a discount coupon?' type in this code (this is your coupon'):
WALSAPARNT
Click 'Apply coupon'

- ✓ The course can be done on any PCs, MACs, iPads, laptop or smartphone, at a time and pace to suit family life
- ✓ There are 11 modules each taking around 20 minutes (the main screen have optional audio voice-overs)
- ✓ Interactive activities, quizzes, video clips, practical hand-outs

The course covers:

- ✓ Feelings
- ✓ Communication
- ✓ Conflict in relationships
- ✓ Anger
- ✓ Repair and more.

Healthy relationships help your children thrive and gives them essential life skills for their futures.

For more information on parenting support in Walsall please visit:

http://www.mywalsall.org/walsallearlyhelp/parenting/

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