

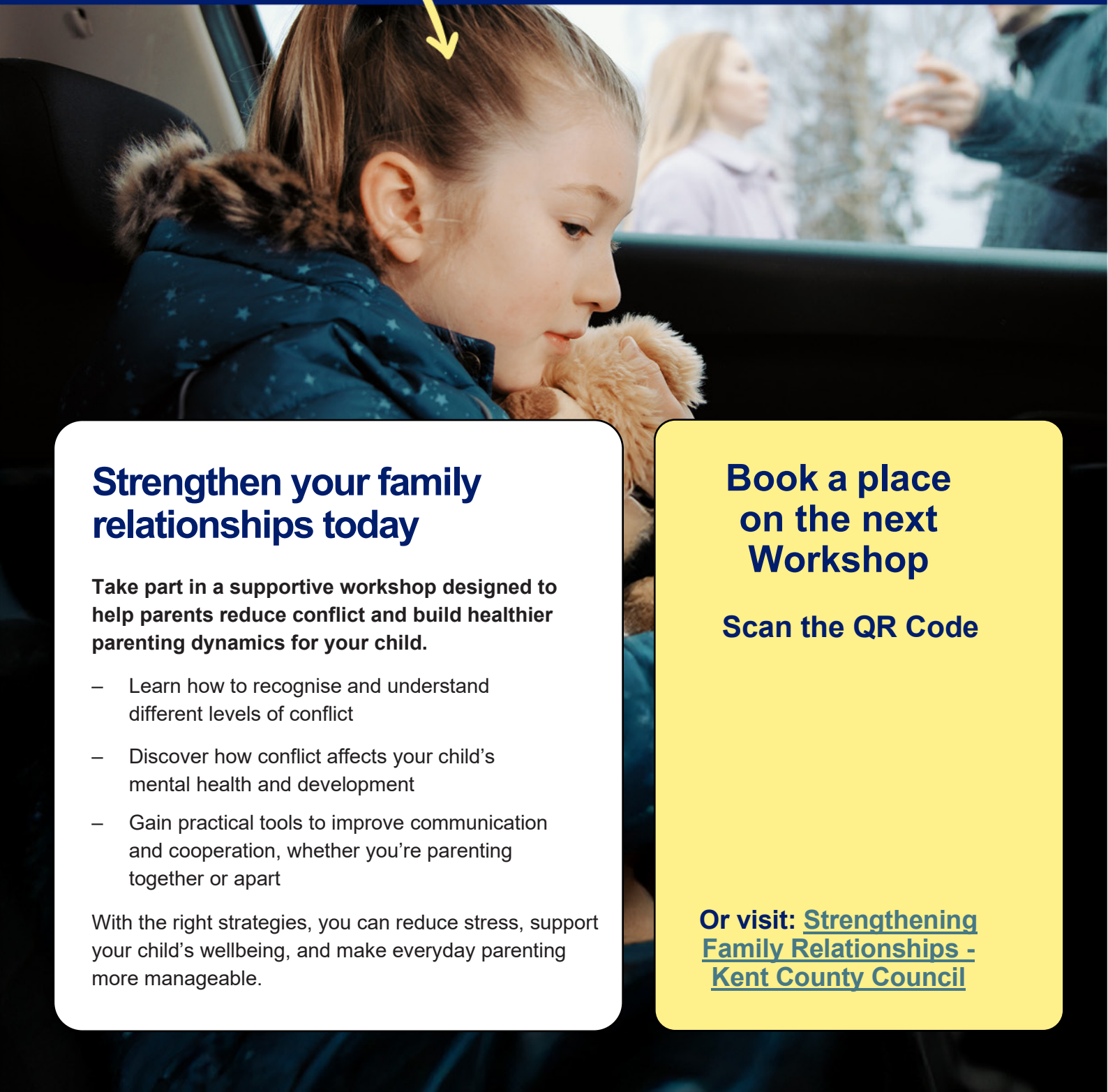
Strengthening  
**Family**  
Relationships

The **power** is  
in **your hands**

Delivered by



Improving outcomes for children  
with parents in conflict



**Strengthen your family  
relationships today**

Take part in a supportive workshop designed to help parents reduce conflict and build healthier parenting dynamics for your child.

- Learn how to recognise and understand different levels of conflict
- Discover how conflict affects your child's mental health and development
- Gain practical tools to improve communication and cooperation, whether you're parenting together or apart

With the right strategies, you can reduce stress, support your child's wellbeing, and make everyday parenting more manageable.

**Book a place  
on the next  
Workshop**

**Scan the QR Code**

**Or visit: [Strengthening Family Relationships - Kent County Council](#)**