

FREE RELATIONSHIP COURSES

Families in Harrow can access more support through challenging times thanks to a range of online relationship courses designed to help parents, whether they are together or separated.

As part of its ongoing commitment to reducing parental conflict in Harrow, Harrow Council has commissioned relationship charity One Plus One to provide access to three evidence-based digital courses for families with a child/parent that lives in Harrow.

Families will be able to access three online courses:

[Me, You and Baby Too](#)

designed to help new and expectant parents cope with the changes that could happen in their relationship when they become parents and learn how to cope with stress and conflict constructively.

[Arguing Better](#)

designed to raise awareness of the impact parental conflict can have on children and help parents develop better ways of managing stress and arguments together.

[Getting it Right for Children](#)

designed to support separated parents, helping them to avoid the harmful situation of their children getting caught up in the middle of their conflict.

There is a wealth of evidence demonstrating the long-term negative effect parental conflict can have on the development and wellbeing of children. The past few years have seen families forced to face new challenges, increasing stresses in the home and creating a climate where conflict could be more likely to occur.

Register for any of the FREE courses above at www.oneplusone.org.uk/parent-resources-for-england

Or for Further information/support contact Harrow's Golden Number on **0208 901 2690**