

# 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

# Reducing Parental Conflict



**Free** Online Course with weekly facilitated group discussion

The SFSC Reducing Parental Conflict course is evidence based and provides a mixture of self study and group work discussion. The course is suitable for co-parents and other main adult carers of children aged up to 18. **Two courses are available: one for co-parents living together and one for those living apart**

SFSC Reducing Parental conflict online course provides parents with the key concepts and techniques to reduce the effects on children of harmful conflict which is 'frequent, intense and poorly resolved' including:

- What harmful conflict is and how it affects children's wellbeing and development
- Tools to reflect upon personal values, vulnerabilities and strengths and identify areas of conflict with their co-parent
- Techniques to enhance adult relationships for co-parents and carers living together and improve communication for those living apart
- Skills to manage stress and anger and resolve conflict
- Information for co-parents living apart to work towards a parenting agreement
- Techniques to enhance the parent child relationship for parents whose children do not live with them permanently

The course consist of six online modules and a weekly facilitated group discussion. The individualised online session are released one at a time on a weekly basis (so over six weeks) and take around one hour to complete. Parents/carers can complete each session in one sitting or as and when they have time to do so. They can revisit sessions at any point.

The course activities include, video content, scenarios, drag and drop activities, quizzes and other interactivity.

Participants also attend a weekly online group discussion facilitated by one of the SFSC team and attended by up to six others who are at the same stage of the course. This is an opportunity for parents to

- Review and check on their learning
- ask any questions; and
- hear from other parents

At the end of the course, participants who have completed all six sessions will be provided with a certificate and signposted to further help.

## How will parents sign up?

Parents will sign up online . They can either register themselves or can be referred by an agency such as their school or early help team. Parents will be talked through what to do stage by stage and there is a help email and telephone number to support them.

Parents will be reminded via email and text message about completing sessions and joining online group discussions.

**This course will be free until November 2024.**

Refer a parent on the email address below or tell them to sign up here:

<https://strengthening-families.net/reducing-parental-conflict/>

**Further information: Eleni or Antoinette  
[sfsc-parent@racefound.org.uk](mailto:sfsc-parent@racefound.org.uk)  
07708360561 or 07926696502**



**Go to**  
<https://strengthening-families.net/reducing-parental-conflict/>

**STEP 01**

**STEP 02**

Select a course, either:

- parenting and living together
- parenting and living apart



Select a day of the week and select a time for your group discussion

**STEP 03**

**STEP 04**

Complete your contact details



Answer a short questionnaire

**STEP 05**

**STEP 06**

Click on 'your profile' and you can start your course



If you need any help, email us at [sfscparent@racefound.org.uk](mailto:sfscparent@racefound.org.uk) or call us on 07708360561