

Supporting Healthy Relationships

Me You and Baby Too (MYBT)

Workshop Description

Delivered over 3 weeks, each weekly session is 2-hours.

A course for all new or expectant parents/carers:

- What your baby picks up on
- How to support each other
- How arguments start, and how to manage them constructively

Arguing Better (AB)

Workshop Description

Delivered over 3 weeks, each weekly session is 2-hours.

A course for all parents/carers with a child of any age:

- How to support each other
- How arguments start, and how to manage them constructively
- Impact on children

Getting it Right for Children (GIRFC)

Workshop Description

Delivered over 3 weeks, each weekly session is 2-hours.

A course for separating or separated parents/carers:

- How to stay calm and listen
- Seeing things differently
- Finding solutions and making compromises



MYBT Workshop Dates

Countywide – VIRTUAL		
Ages pre-birth – 12months	Wednesdays 6-8pm	8 th , 15 th , 22 nd Oct Microsoft Teams

AB Workshop Dates

Countywide – VIRTUAL		
Ages 1-19	Wednesdays 6-8pm	10 th , 17 th , 24 th Sept Microsoft Teams
Ages 1-19	Wednesdays 6-8pm	3 rd , 10 th , 17 th Dec Microsoft Teams

GIRFC Workshop Dates

Countywide – VIRTUAL		
Ages 0-19	Wednesdays 6-8pm	5 th , 12 th , 19 th Nov Microsoft Teams

To book onto a workshop, please scan or click here:

