relate ni
the relationship people

Parent LineNI™
0808 8020 400

NEW Parent and Carer workshops

Sustaining Healthy relationships

Parenting/caring for children is both a joy and a challenge and can often have big impact on our relationships with those around us.

Life is full of ups and downs and conflict is normal within all relationships, it is how conflict is handled which can impact our children most both now and long term.

Together with Relate NI, we are delivering 'Sustaining Healthy Relationships' workshops. These sessions will look at developing skills and tools to manage the rough & tumble that can appear in any relationship; including couples & family relationships, friendships and our relationship with ourselves!

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Some of the areas which will be covered include:

- Common Relationship Stress Factors
- What Healthy Relationships LooK LiKe
- Spotting Unhealthy Relationship Signs & Challenging Inappropriate Behaviour
- How to Communicate Effectively

Where and when?

Face to face

Belfast (Glengall Street)
Wednesday 8th June 11am

Online via Zoom

Tuesday 14th June 10am
Wednesday 15th June 7pm

Call now for more information or to booK your place

0808 8020 400