



Arguing better



Disagreements are a normal part of life, and most couples argue from time to time. The way you approach these conversations can make a big difference to you, your partner, and your children.

Arguing better is a free online course to help you manage difficult conversations, avoid conflict, and improve things for your whole family.

You will learn:

- Where stress comes from and how it can affect you.
- Ways to recognise stress and talk about it.
- How to support each other through difficult times.
- What causes arguments and how to stop them.

Arguing Better Group Course

How do I access a group?

Groups take place in just two 90 min sessions (over two consecutive weeks) on Microsoft Teams. You will need access to Wi-Fi, a smart phone, laptop, or tablet. And its free!

Who is it for?

- Anyone with a parenting role for a child or young person
- Adoptive Parents
- Foster Parents
- Guardians/family members with parenting role

Parents are welcome to attend alone, with a partner, friend, or family member.

How do I book on to the next group?

For more information about future **Arguing Better** group dates or to book on contact:

The Family Information Service.

Email: Familyinfo@gloucestershire.gov.uk