

# Supporting healthy relationships

Free  
online  
courses

No matter where you are in your parenting journey, we can help you learn to manage stress and communicate more effectively.

Whether you are parenting together or separately, one of the best things you can do for your child is to improve the relationship between parents.

**The courses can be accessed online, entirely on your own, or through a group workshop** - where you can meet other parents and professionals.

## Courses available:

### ▶ **Me, You and Baby Too**

To help new and expecting parents navigate the changes that happen in their relationship when a baby arrives.

### ▶ **Arguing better**

To help anyone looking to learn how to cope better with stress and deal with arguments in a healthy way.

### ▶ **Getting it right for children**

To help separated or separating parents learn to manage conflict and minimise the impact it has on their children.

