

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	Thursdays 18:00-20:00	19.09.24-03.10.24 Virtual MS Teams
Ages pre-birth – 12months	Tuesdays 9:30-11:30	08.10.24-22.10.24 Virtual MS Teams

AB Workshop Dates

Countywide – VIRTUAL		
Ages 1-19	Tuesdays 9:30-11:30	17.09.24-01.10.24 Virtual MS Teams
Ages 1-19	Thursdays 18:00-20:00	07.11.24-21.11.24 Virtual MS Teams

GIRFC Workshop Dates

Countywide – VIRTUAL		
Ages 0-19	Thursdays 18:00-20:00	10.10.24-24.10.24 Virtual MS Teams
Ages 0-19	Tuesdays 09:30-11:30	12.11.24-26.11.24 Virtual MS Teams

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

