

HEALTHY RELATIONSHIPS

Children and Family
Wellbeing
Service

When we argue with our partner or our co-parents, we can easily get caught up in the heat of the moment.

At times like these its difficult to find a way forward.

Our Healthy Relationships Course can help. Learning about the stages of relationships, understanding each other and how to argue better. Remember that when you stay calm, your child feels the benefit.

The course runs for 4 weeks.

If you would like more information, or to book on please contact us on **01524 581280**.

Course Starts on Tuesday 9th January 2024. Runs from 9.30am to 11.30am

Lune Park Family Hub
Owen Road, Lancaster, LA1 2LN

