

2024



Healthy Relationships

Do you want to get on better together?

### Quotes from parents

*'I really did not think this would help.  
This course is life skills! Wish we did this  
sooner, really enjoyed the videos.'*

*~ dad*

*'We are now communicating a lot better, we  
can talk about feelings rather than ignoring  
them. I can see my child is happier too'*

*~ mum*



Listen to others, watch videos with a relationship support worker.

Relaxed **x3 week** virtual sessions, 1 hour a week in the comfort of your own home.

## Me, You and Baby Too

*for soon-to-be  
& new parents*

Monday 29th January  
10:00 -11:00 am

## Getting it Right for Children

*for separated Parents*

### Group 1

Tuesday 27th February  
19:30 - 20:30 pm

### Group 2

Wednesday 28th February  
19:30-20:30 pm

## Arguing Better

*for parents and anyone  
who cares for children*

### Group 1

Wednesday 17th January  
19:30-20:30 pm

### Group 2

Thursday 18th January  
19:30 - 20:30 pm

Free

Contact: [vicki.collins@northumberland.gov.uk](mailto:vicki.collins@northumberland.gov.uk)  
or call 07955 310 917

If you are unable to join virtual sessions,  
additional advice and support is available

  
**Family Hubs**  
Here for everyone