



CALLING ALL PARENTS

- Are you arguing, having rows, shouting all the time with each other about things like money, how you parent or housework?
- Are you anxious or worried and is this getting in the way of managing everyday life?
- Or do you not know what to say anymore?

Try these **FREE** online packages...

FREE!

Arguing Better

Disagreements are a normal part of life, and most couples argue from time to time. Arguments can easily get out of hand and you may need help to find a resolution.

Getting it Right for Children

For parents who are separating or separated

Me, You and Baby Too

Having a baby can be an exciting time but it's also one of the biggest changes you and your partner are likely to go through... You'll both be tired and stressed, and you may argue more.



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#nlandfamilyhubs

- **SCAN TO FIND OUT MORE OR REFER**



Northumberland
County Council

Family Hubs
Here for everyone