



## Reducing Conflict Online Workshop

Conflicts are regular occurrence within families. It's often a normal part of everyday life. However, conflict that is frequent, intense, and poorly resolved, has a significant negative impact on children's mental health and long-term life chances. This 2-hour workshop explores different types of conflict between couples and families.

**Thursday 14 March 9.30am – 11.30am**  
**OR**  
**Wednesday 20 March 7.00pm – 9.00pm**

**For more information, contact Louise on 0204 522 8700 or 8701 or email [services@familylives.org.uk](mailto:services@familylives.org.uk)**

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