

**Book a place on the next Workshop**

**Where**

Birchington Family Hub, Park Lane Birchington CT7 0AS

**Date**

16th October

**Time**

10:00am – 12:00pm

**To book a place:**

Scan the QR code above or go to the Kent Family Hubs website [Kent Family Hub - Kent County Council](https://www.kent.gov.uk/education-and-children/kent-family-hub) -Mental Health and Family Relationships - Reducing Arguments and Conflict Between Parents

**Strengthen your family relationships today**

**Take part in a supportive workshop designed to help parents reduce conflict and build healthier family dynamics.**

* Learn how to recognise and understand different levels of conflict
* Discover how conflict affects your child’s mental health and development
* Gain practical tools to improve communication and cooperation, whether you’re parenting together or apart

With the right strategies, you can reduce stress, support your child’s wellbeing, and create a more positive home environment.