

Strengthening
Family
Relationships

The **power** is
in **your hands**

Delivered by



Medway Children
and Family Hubs

Improving outcomes for children
with parents in conflict



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.

Book a place on the next Workshop

Where

Ashford North Family Hub, TN24 8BJ

Date

Friday 20th June 2025

Time

10.00am – 12.00pm

To book a place please email

SFR@kent.gov.uk