

## Webinar 1

### Healthy Happy Homes: Reducing Family Conflict

**8<sup>th</sup> November 2023**



Every home is different but most experience increased stress and conflict from time to time.

These times can lead to shouting, resentment, and deep upsets. This session examines the practical tips and strategies that can be used to make family life more relaxed and improve family relationships.

It explores how we can model and develop kindness, respect and healthy behaviours through simple daily rituals and routines. Suitable for parents of children 0-18 years.

[Join Zoom Meeting](#)

**Meeting ID:** 893 8192 8833    **Passcode:** 461604



## **Webinar 2**

# **Coping with Change & Managing Anxiety in Children**

### **15<sup>th</sup> November 2023**



Life transitions, such as moving house, starting or changing school, making new friends, parental difficulties, loss and bereavement are stressful and can lead to fear, avoidance and lingering sadness. This webinar explores what anxiety is, how it works and how we can support children to overcome it and become more confident, happy and content. It will also explore the ways families can manage and adjust to change successfully. Suitable for parents of children 0-18 years.

[Join Zoom Meeting](#)

**Meeting ID:** 884 2125 9339

**Passcode:** 451568



## Webinar 3

# Parenting Teens through Risky Times

## 22<sup>nd</sup> November 2023



Parenting teenagers can be challenging for families, from dealing with disrespectful behaviour and boundary pushing to supporting teens through difficult times. Risky situations, such as partying, drug and alcohol use and teenage sexual behaviour, can add to parental stress and worry. This session explores how we can build connections to improve relationships with our teenagers and help them to manage their emotions and solve problems in healthy and respectful ways. Suitable for parents of children 10-18 years.

[Join Zoom Meeting](#)

**Meeting ID:** 879 1743 0668

**Passcode:** 141411



## **Webinar 4 – Shared Parenting 29<sup>th</sup> November 2023**



**Sharing the parenting role can be challenging.**

This webinar explores the practical tips and ideas to support the unique needs of families. It focuses on managing responses when we are overwhelmed, angry and upset. It will examine positive and supportive strategies that we can use to develop a plan for parenting children with complex family dynamics, particularly when the care of children is shared between adults. Suitable for parents and carers of children 0-18 years.

**[Join Zoom Meeting](#)**

**Meeting ID:** 850 1751 2161

**Passcode:** 082763