



FAMILIES IN HARMONY PROGRAMME

Helping you to restore Harmony at home.

Disagreements in a relationship can become an issue when they happen often, are unresolved and affect family life.



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As adults we are role models for our children so if we are able to remain calm and respectful while addressing any disagreements we may have, it provides our children with all important life skills for future relationships with others.

CAUSES OF CONFLICT

Life is sometimes challenging and stressful and all parents can come under pressure from time to time. Families are most at risk of parental conflict during key transitions in life, such as separation, bereavement, new babies and children starting school etc. This can lead to other worries such as financial, housing and health problems.

Remember that all relationships need to be worked on and develop and grow in stages. Children don't come with a manual and we are all unique and individual. Sometimes we need to take time and work out what works well for us, and transfer this knowledge into other areas of our life. If we keep communication open and do this together with a sense of equality in our life, then our children will be happy and learn important tools for life.

What we offer?

- ✓ Triple P programmes for parents/carers
- ✓ Thriving families programme for parents/carers
- ✓ Online programmes and resources

If you wish to find out more about The Families in Harmony programme or speak to a member of our team please contact us:

Phone - **01744 676543 / 01744 673420**

Email - **parentingteam@sthelens.gov.uk**

Text - **07761045427**



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