



Less Shouting more Cooperation Online 6 week group

Do you feel you are constantly nagging or shouting at your child to get what you need? Are you tired of losing your cool and want a calmer house? Join our free online 6- week group to learn how you can change the way you communicate with your child, respond better, and feel more in control.

Tuesday 26 March and 16, 23, 30 April &

7, 14 May 2024

7.00pm to 9.00pm

**For more information, contact Louise on 0204 522
8700 or 8701 or email services@familylives.org.uk**

We build better family lives together

www.familylives.org.uk

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