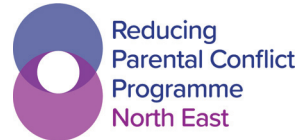


# Relationship support

for Parents and Co-parents



Arguments are a normal part of family life, but when we constantly argue it can be a sign that disagreements are not being solved in the best way and can be harmful to children.

- Do you feel that you argue all the time?
- Do you struggle to talk about how you feel?
- Do you find it difficult to listen to the views of your partner or co-parent?

Relationships Matter North East can offer FREE support, a space to talk about your relationship and how family disagreements can impact on your child/ren.

## You are eligible for support if:

- you or your co-parent live or use services in the North East region
- you are expecting your first child, or you have a child aged 0-18 years
- you are committed to making changes in the relationship with your child's other parent
- you can spare 1-2 hours per week for a programme that could really make a difference

**Find out more here:** [www.relate.org.uk/relationships-matter](http://www.relate.org.uk/relationships-matter)

**Or email us:** [rpcenquiries@relate.org.uk](mailto:rpcenquiries@relate.org.uk)

## Help is available now – we can:

- listen to you and discuss your needs
- match you to one of four support pathways best suited to your situation
- pay for childcare, travel and interpreting costs where required
- loan a device to access any online learning as part of your chosen programme if you need it

These programmes do not aim to address domestic abuse. If your relationship makes you feel fear or unsafe in any way, you should contact your local domestic abuse service or speak with professionals already working with your family on how to access advice and support.

**Women can call the 24-7 National Domestic Violence Helpline on 0808 200 0247.**

**Men's Advice Line (Mon – Fri, 9am – 5pm) 0808 801 0327.**

**Always call 999 in emergency situations.**